MERRY WIDOWER OR EARLY TV GRAVE?

IT'S OPEN SEASON FOR NEW TV SERIES — CAN MATTHEW PERRY KEEP GO ON, GOING ON? PAGE 15

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Tuesday, August 28, 2012
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TORN APART

PAGE 6

Canadian Senator Rod Zimmer, 69, leaves provincial court in Saskatoon on Monday, as does his wife, Maygan Sensenberger, 23, who made headlines around the world after her arrest on a plane that landed last Thursday in Saskatoon. She is charged with endangering the safety of the aircraft and causing a disturbance. The Manitoba senator and his bride also marked their first anniversary Monday with a court document keeping the newlyweds apart. LIAM RICHARDS/THE CANADIAN PRESS

Ex-boyfriend charged in grisly slaying

Woman killed in GTA's body-parts case was the victim of a domestic crime: Police PAGE 3

Friends mourn plane crash victims

Close-knit group of co-workers just wanted to do some sightseeing, a friend says PAGE 4

They won't mince words

Restaurant Takeover will spy on eateries teetering on the edge of bankruptcy, and show hosts will tell owners how to get with the times PAGE 16

Here it is, Jon's moment of Zen

Expect The Daily Show correspondents to have a field day with the Republican Convention, which they're covering all week PAGE 17

No calm before the storm

Isaac takes dead aim at New Orleans. Seven years to the day after Katrina hit, a Category 1 hurricane is expected to hit the Gulf Coast city

U.S. President Barack Obama has declared a state of emergency in Louisiana as the Gulf Coast state prepares for Tropical Storm Isaac.

The White House said Obama informed Louisiana Gov. Bobby Jindal of the emergency declaration in a phone call Monday. The declaration makes federal funding available for emergency activities related to the storm. Obama also spoke with the governors of Alabama and Mississippi, and New Orleans Mayor Mitch Landrieu.

Obama has asked the Federal Emergency Management Agency to co-ordinate disaster-relief efforts with state and local officials along the Gulf Coast.

Forecasters predict Isaac will intensify into a Category 1 hurricane later Monday or Tuesday, with a projected path directly toward New Orleans on Wednesday. Isaac could become the first hurricane to hit the Gulf Coast since 2008.

With its massive size and ponderous movement, a strengthening Isaac could become a punishing rain machine depending on its power, speed and where it comes ashore.

The focus has been on New Orleans as Isaac takes dead aim at the city seven years after Hurricane Katrina, but the impact will be felt well beyond the city limits. The storm's winds could be felt more than 300 kilometres from the storm's centre.

The Gulf Coast region has been saturated thanks to a wet summer, and some officials have worried more rain could make it easy for trees and power lines to topple in the wet ground. Too much water also could flood crops, and wind could topple plants like corn and cotton.

"A large, slow-moving system is going to pose a lot of problems — winds, flooding, storm surge and even potentially down the road, river flooding," said Richard Knabb, director of the National Hurricane Center in Miami. "That could happen for days after the event." THE ASSOCIATED PRESS

Not as powerful

Isaac's approach coinciding with the Katrina anniversary invited obvious comparisons, but Isaac is nowhere near as powerful as the Katrina was when it struck on Aug. 29, 2005.

- Katrina at one point reached Category 5 status with winds of more than 250 km/h.
- It made landfall over Louisiana as a Category 3 storm and created a huge storm surge.

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- 377 Main St E

MISSISSAUGA
- 980 Eglinton Ave E
- Dixie Value Mall
- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- Square One Shopping Centre
- Square One Shopping Centre – Kiosk
- Westgate SmartCentres

NEWMARKET
- Upper Canada Mall

NORTH YORK
- 1635 Lawrence Ave W
- 170 Rimrock Rd
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Hampshire Gate at Dundas
- Oakville Place

ORANGEVILLE
- 114 Broadway Ave

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall

SCARBOROUGH
- 259 Morningside Ave
- Cedarbrae Mall – Kiosk
- Malvern Town Centre
- Parkway Mall
- Scarborough Town Centre

SUDBURY
- Brady Square
- New Sudbury Centre
- Southridge Mall

THORNHILL
- Promenade Mall

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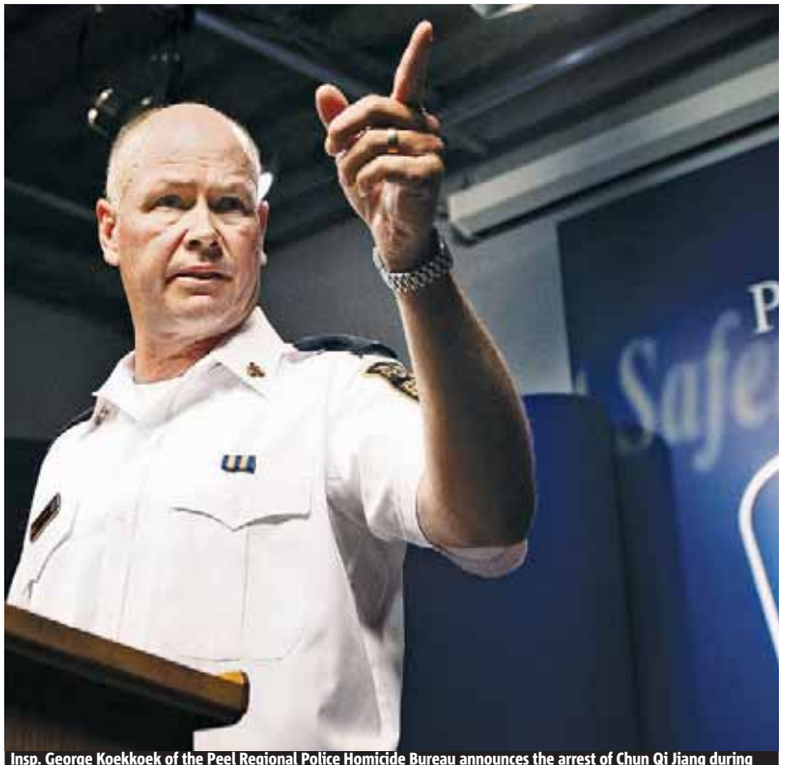
Toronto man charged in dismemberment death



Insp. George Koekkoek of the Peel Regional Police Homicide Bureau announces the arrest of Chun Qi Jiang during a press conference in Mississauga on Monday. Jiang is accused of the murder and dismemberment of Hua Guang Liu.
MICHELLE SIU/THE CANADIAN PRESS

Victim's complicated life emerges. Accused man makes his next court appearance on Sept. 10

Nearly two weeks after body parts started turning up across the GTA, police are calling the dismemberment slaying of Hua Guang Liu a domestic crime and have charged her estranged boyfriend with second-degree murder.

Chun Qi Jiang, 40, a construction worker from Scarborough, appeared in court on Monday. Police said Jiang and Liu had been in a relationship for about four years, but could not confirm when they ended things.

As the arrest was announced, more details of Liu's mysterious life were revealed in an interview with her son.

Liu, 41, was the owner of Forget Me Not holistic spa on Eglinton Avenue East. Her 21-year-old son, Dong Hao Liu, said his mother planned to sell the spa because her boyfriend disliked the business, he told the Chinese-language newspaper Ming Pao. Asked whether the massage parlour was a front for prostitution, Dong Hao Liu said he had no idea.

Rumours that she was selling the business to return to China with her husband are untrue, he added.

The accused man is a Canadian citizen who emigrated from China in 2002 — the same year as Liu — and had no police record.

Police are still trying to determine where and how Liu died. TORSTAR NEWS SERVICE

Who was Hua Guang Liu?

- Dong Hao Liu, Hua Guang Liu's son, described his mother as a woman with a complicated love life who had recently split up with an architect from Peterborough, one of several men she had been dating, he told the Chinese-language newspaper Ming Pao.
- He referred to the Peterborough man as his mother's "Caucasian boyfriend."
- Liu has an ex-husband in China whom she divorced in the 1990s, refugee documents show. She has another ex-husband in Canada.

Forecast: Fantastic

Lingering warmth expected this fall

Are you dreading the first chill of fall? Fear not: The days are getting shorter but the warm temperatures will stick around well into early autumn.

"The afterglow of a scorching summer will mean a warm start to the season," said Chris Scott, director of meteorology with The Weather Network.

In October and November, temperatures in southern Ontario will fluctuate from above to below normal but will stay mostly on the warm side.

However, after a record-breaking summer and a balmy fall, Torontonians will probably need to brace for a colder and snowier winter than last year's extremely mild one. TORSTAR NEWS SERVICE

Conflict of interest

Ford's 'credibility' at issue in conflict suit

A judge decided Mayor Rob Ford will testify in open court about a conflict-of-interest allegation after lawyer Clayton Ruby cast doubt on the mayor's truthfulness.

Ruby, acting for citizen Paul Magder, who made the complaint that could see Ford turfed from office, announced Friday that Justice Charles Hackland had decided the mayor should take the stand.

Ruby didn't speculate why the judge is not content to rely on the lengthy transcript from Ford's June 28 deposition, in which he defended speaking and voting in February on the issue of whether he should have to pay back a total of $3,150 donated to his football foundation.

But in a factum filed on Aug. 16, Ford's lawyer Alan Lenczner said Ruby "seeks to have the respondent cross-examined viva voce (in person) at the hearing," over "claims that 'credibility' is an issue."

Lenczner added in the factum: "The applicant seeks to ask the respondent whether he lied about being drunk at the hockey game and later had to apologize. Whether he lied to a reporter about a marijuana charge in Florida." TORSTAR NEWS SERVICE

SMEN 1

Mobile news

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Plane crash victim had bright future

Kind and humble.
Friends remember recent engineering grad Mohammed Shahnawaz Zia

Mohammed Shahnawaz Zia. TORSTAR NEWS SERVICE

Salman Omer remembers his friend and co-worker as a brilliant student and a hard worker.

"Shahnawaz was just a wonderful guy. He was really humble," Omer said of Zia, who died in a plane crash last Friday. "If you were to ask me one way to describe him: He was a gentle soul."

Zia was one of four victims who died when the small, single-engine aircraft they were travelling in crashed to the ground Friday night near Moorefield, Ont., north of Kitchener. Pilot Marko Misic, 20, and passengers Wasay Rizwan, 27, and Victoria Margaret Luk, 19, also died in the crash.

Zia was a full time employee in the maintenance engineering department at Bombardier Aerospace Commercial Aircraft in Downsview, where he worked with Omer as well as the other crash victims. Omer said going for a recreational flight is a common hobby for many engineers in the aerospace industry.

"They all just want to fly around and do sightseeing," Omer explained.

The group was scheduled to fly from Waterloo to Toronto and Niagara Falls, then back to Waterloo, but sometime between 8 p.m. and 8:30 that evening, something went wrong, according to Bob Connors, the general manager of the Waterloo Wellington Flight Centre, where the group rented the plane.

Quoted

"To me he was like a younger brother... The last time I spoke to him was on Friday. It's hard to believe that was his last goodbye."
Salman Omer, friend and co-worker

"The plane was supposed to be back by a certain time and when that didn't happen, Nav Canada air traffic services initiated a search for the airplane," Connors explained.

Witnesses in the area saw the Cessna 172 plummet and contacted police and fire services, who eventually located the plane.

According to Omer, Zia had an older brother in Canada and parents who lived in India, who arrived in Canada on Monday to prepare for the funeral. A recent graduate of Ryerson University's aerospace engineering program, Zia had a bright future ahead of him, Omer said.

TORSTAR NEWS SERVICE

Life as Allstar Weekend know it

It was an all-star Monday when Allstar Weekend stopped by MuchMusic's NEW.MUSIC.LIVE and chatted with host Lauren Toyota about recently signing with Universal Music Canada. They also hit the stage to perform two of their hits, Life As We Know it and Not Your Birthday. PHOTO COURTESY MUCHMUSIC

Victims' advocate deported

It's the end of the Kemi Show.

Kemi Omololu-Olunloyo, 48, the often controversial but always outspoken community advocate, was deported to her native Nigeria on Friday.

"I've been criticized by the public and colleagues for associating with her," said Const. Scott Mills of Crime Stoppers. "But the bottom line is we solved some crimes because of my association with her and we have received info in a timely way, where we got guns off the streets and saved lives."

Mills said he received a Facebook message from her last week saying that she was being deported, and thanking him.

A Friday flight took her to Nigeria.

Olunloyo's Toronto story started in 2007 when she arrived at Pearson International Airport from Nigeria, via the U.S., with her children. She filed an unsuccessful refugee claim and subsequent appeals, which also failed.

TORSTAR NEWS SERVICE

Kemi Omololu-Olunloyo, simply known as "Kemi", worked closely with Toronto Crimestoppers before being deported to Nigeria on Friday. TORSTAR NEWS SERVICE

Controversial figure

Kemi Omololu-Olunloyo, daughter of a well-known politician in Nigeria, was often embroiled in unpleasant exchanges on social media with those who questioned her motives or called her out for being a publicity hound. Some of her exchanges were with other Nigerians, some lasting days and weeks.

Sentence

Man gets 12 years for brutal beating

A man who inflicted a beating of "uncommon savagery" on a defenseless housemate was sentenced to 12 and a half years in a penitentiary Monday.

"This was an extremely brutal and persistent attack against a vulnerable victim," Regional Senior Justice Edward Then told court. He added this was clearly a case of "near murder".

John Tahir, 58, had pleaded guilty to manslaughter for killing Scott Land, 56, last year inside a non-profit residence on Coxwell Ave. for men with mental, addiction and housing issues.

Tahir was enraged and highly intoxicated when he attacked Land with his fists and a metal broomstick. The attack turned a "home of refuge … into a slaughterhouse," the judge said.

Land, a former bricklayer and father of three, had undergone a series of surgeries to his stomach, hip and knees. He used a walker and two canes and was on medication for depression and anxiety.

"His lack of mobility made him an easy prey for Tahir's rage."

TORSTAR NEWS SERVICE

Health

CAMH closes physiotherapy services

The Centre for Addiction and Mental Health has eliminated its physiotherapy services, following the example of many institutions across the province that have cut back on so-called "fringe" services.

Hospitals have been cutting outpatient clinics like this in recent years in an attempt to keep a lid on their budgets and focus on "core" services.

TORSTAR NEWS SERVICE

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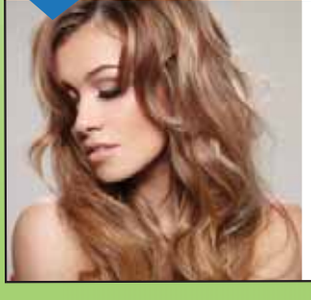

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Terror plot. Prosecutors claim U.S. soldiers formed militia inside army

Four U.S. army soldiers killed a former comrade and his girlfriend to protect an anarchist militia group they formed that stockpiled assault weapons and plotted a range of anti-government attacks, prosecutors told a judge Monday.

Prosecutors in rural Long County, near the sprawling army post Fort Stewart, said the militia group composed of active duty and former U.S. military members spent at least $87,000 buying guns and bomb components and was serious enough to kill two people — former soldier Michael Roark and his 17-year-old girlfriend, Tiffany York — by shooting them in the woods last December in order to keep its plans secret.

One of the Fort Stewart soldiers charged in the case, Army Pfc. Michael Burnett, also gave testimony that backed up many of the assertions made by prosecutors. THE ASSOCIATED PRESS

Fessing up

Army Pfc. Michael Burnett, 26, pleaded guilty Monday to manslaughter, illegal gang activity and other charges. He made a deal to co-operate with prosecutors in their case against the three other soldiers.

Lt.-Gen. Tom Lawson

Next defence staff chief named

Lt.-Gen. Tom Lawson, a former fighter pilot, has been named as the next chief of the defence staff, the country's top military post.

Prime Minister Stephen Harper says Lawson, the current deputy commander of Norad — the North American Aerospace Defence Command — will formally succeed Gen. Walt Natynczyk within weeks.

"Lt.-Gen. Lawson is the right leader for the Canadian Armed Forces and will bring a clear vision and strong values to the role," Harper said in a statement. THE CANADIAN PRESS

Senator's wife told to stay away from hubby

Turbulent flight. Sen. Zimmer, 69, and Sensenberger, 23, were in court Monday

MORGAN MODJESKI
Metro in Saskatoon

A 23-year-old senator's wife charged with causing a disturbance and endangering an aircraft received a bittersweet anniversary gift from a Saskatoon judge.

Maygan Sensenberger was released from jail Monday, but told not to have contact with her husband, Rod Zimmer, a Manitoba senator. She is also prohibited from drinking alcohol and entering bars.

The provincial court judge who issued the ruling didn't explain why Sensenberger is to stay away from her husband, who was also in court.

The couple, who married one year ago, made headlines last Thursday when Saskatoon police were called to meet a plane carrying a disruptive passenger.

The two were flying to Saskatoon from Ottawa when Zimmer experienced tightness in his chest. Sensenberger reacted by becoming upset.

Court records show police believe she uttered threats against her husband and threatened to take down the plane.

No one was injured in last week's incident.

Sensenberger is set to appear in domestic violence court — which sometimes gives people a chance to enter a plea and receive treatment for a lesser sentence — on Tuesday at 9 a.m.

WITH FILES FROM THE CANADIAN PRESS

Right: Maygan Sensenberger leaves Provincial Court in Saskatoon on Monday. On the left, Sensenberger and her husband, Rod Zimmer, a Manitoba senator.

LEFT: FACEBOOK; RIGHT: LIAM RICHARDS/THE CANADIAN PRESS

Witness testifies

Fellow passenger Scott Wright said he witnessed the couple arguing, but denied that any threats were made. Wright testified that Sensenberger seemed concerned about her husband's medical condition.

Student protests. Chaos reigns in return to classrooms

The calm of summer was shattered Monday with the return of school to Quebec universities, where some classes were disrupted as protesters disobeyed the back-to-school law.

Chaotic scenes, reminiscent of those seen across the province in the spring, suddenly flared up at two Montreal universities after a relatively quiet summer.

The province passed an emergency law, known as Bill 78, to set stiff fines for people who prevent students from attending class.

A tumultuous standoff erupted in the corridors of Universite de Montreal between security guards and masked protesters. The demonstrators were trying to spring seven of their comrades who had been detained by officials in a fourth-floor classroom.

Meanwhile, across town, masked demonstrators entered Universite du Quebec a Montreal and disrupted classes. THE CANADIAN PRESS

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The Wharney Guang Dong Hotel — incl $976 base + $383 taxes & fees
INCLUDES central accom in the Wan Chai district. Departs Nov 28/ggv/ua.

Melbourne Air + 9 Nights $2208
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Fire spreads 3 days after massive refinery blast

Venezuela. Residents in nearby neighbourhood still troubled by lack of warning before blast

An intense fire at a Venezuelan refinery spread to a third fuel tank on Monday nearly three days after an explosion killed at least 41 people and injured more than 150.

Oil Minister Rafael Ramirez said a third tank ignited at the Amuay refinery, which has been in flames since Saturday's blast.

Government officials had previously said they had the blaze contained, and the spread to another tank was an apparent setback to their plans to quickly restart the refinery.

Officials have said a gas leak led to the blast, but investigators have yet to determine the precise causes. Prosecutor General Luisa Ortega said at a news conference that 151 people were injured, 33 of whom remain in hospitals.

A 9-year-old girl was missing in the area, Health Minister Eugenia Sader said on television.

Criticisms of the government's response to the gas leak emerged from local residents as well as oil experts.

People in neighbourhoods next to the refinery said they had no official warning before the explosion hit at about 1 a.m. on Saturday.

"What bothers us is that there was no sign of an alarm," said Luis Suarez, a bank employee in the neighbourhood. "Many of us woke up thinking it was an earthquake."

THE ASSOCIATED PRESS

Undetected leak

"That the gas leak went undetected for a number of hours ... indicates to me that there is a lack of safety-related planning."

Energy analyst Jorge Pinon

Plumes of black smoke and flames continue to rise over the Amuay refinery near Punto Fijo, Venezuela, Monday.

ARIANA CUBILLOS/THE ASSOCIATED PRESS

Qur'an burning. No criminal charges for U.S. soldiers

Six U.S. army soldiers and three Marines escaped criminal charges but received administrative punishments for mistakenly burning Qur'ans and urinating on the corpses of Taliban insurgents in Afghanistan, U.S. military officials said Monday.

The two incidents, revealed earlier this year, hurt relations with Afghans. U.S. military leaders widely condemned the incidents. The Qur'an burning triggered riots and retribution killings, including two U.S. troops who were shot by an Afghan soldier and two U.S. military advisers who were gunned down at their desks at the Interior Ministry.

The soldiers were disciplined for the burning of Qur'ans earlier this year at a U.S. base in Afghanistan, and the Marines were punished for their participation in a video that showed them urinating on Taliban corpses.

Discipline against a navy sailor in the Qur'an burnings was dismissed.

THE ASSOCIATED PRESS

Belgium braces for release of killer's accomplice

Jean Denis Lejeune, the father of Julie, centre back to camera, is hugged by Betty and Paul Marchal following the funeral service for the two slain girls, Melissa Russo and Julie Lejeune, in 1996. MICHEL SPINGLER/THE ASSOCIATED PRESS FILE

Even after all these years, the mere mention of the name "Marc Dutroux" can wipe the smile off the face of almost any Belgian.

And now that the convicted pedophile and killer's ex-wife — an accomplice who let two of his victims starve to death — is on the verge of release, Belgium is being forced to relive some of its darkest moments.

On Tuesday, the nation's highest court will likely approve granting Michelle Martin conditional freedom, even though she served little more than half of the 30-year sentence she was given for her part in the mid-1990s kidnappings, rapes and killings. One of Belgium's most loathed criminals could walk free within hours or days afterward.

For many in this country, memories that had been largely buried are now resurfacing.

"We are scared for our children, obviously, for the other children as well," said Celine Doignies, a bar owner in the village of Malonne, where Martin is expected to move into a convent as part of the conditions of her release.

Martin depicted herself as a more passive culprit than Dutroux, acting on the whims of a psychopath. But she is still blamed for aiding her then-husband's depraved and murderous spree, and is particularly loathed for letting two eight-year-old girls starve to death while Dutroux was briefly imprisoned.

The Court of Cassation will decide on appeals from the prosecutor's office and the families of victims on Tuesday and rule if procedural errors were made in the decision of a lower court to approve Martin's conditional release.

THE ASSOCIATED PRESS

Convictions

Dutroux, who was a convicted pedophile on parole at the time of the crimes, was convicted eight years after his 1996 arrest of abducting, imprisoning and raping six girls.

- The two eight-year-olds starved to death in a secret basement dungeon built by Dutroux, who left them in Martin's care while he was serving four months in jail for theft.

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Taliban behead 17 in Afghanistan, seemingly for going to a dance

A woman clad in a burka walks past graffiti in Kabul on Sunday.
AHMAD NAZAR/THE ASSOCIATED PRESS

Militants. Insurgent group still holds much power in the south

Insurgents beheaded 17 civilians in a Taliban-controlled area of southern Afghanistan, apparently because they attended a dance party that flouted the extreme brand of Islam embraced by the militants, officials said Monday.

The killings, in a district where U.S. Marines have battled the Taliban for years, were a reminder of how much power the insurgent group still wields in the south — particularly as international forces draw down and hand areas over to Afghan forces.

The victims were part of a large group that had gathered late Sunday in Helmand province's Musa Qala district for a celebration involving music and dancing, said district government chief Neyamatullah Khan. He said the Taliban slaughtered them to show their disapproval of the event.

All of the bodies were decapitated but it was not clear if they had been shot first, said provincial government spokesman Daoud Ahmadi.

Information was only trickling out slowly because the area where the killings occurred is largely Taliban-controlled, Khan said. The Taliban spokesman for southern Afghanistan could not be reached for comment.

Many Afghans and international observers have expressed worries that the Taliban's brutal interpretation of Islamic justice will return as international forces withdraw.

THE ASSOCIATED PRESS

Syria

Rebels take down regime helicopter, activists say

A Syrian military helicopter crashed in a ball of fire Monday after apparently being hit during clashes between government forces and rebels in the capital Damascus, activists said, in a sign of the fighters' growing abilities as they struggle to topple President Bashar Assad's regime.

An Internet video shows the chopper engulfed in flames and spinning out of control shortly before it hits the ground. Rebels shout "Allahu Akbar!" as the helicopter goes down.

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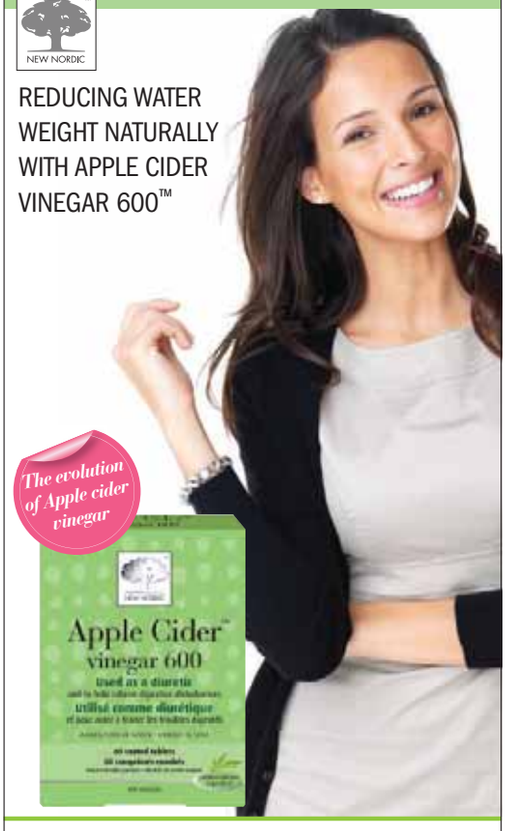

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Sarah H.,
Copenhagen, Denmark

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Melting away

Summer heat shrinks Arctic ice to record low

Critical ice in the Arctic Ocean melted to record low levels this sweltering summer and that can make weather more extreme far away from the poles, scientists say.

The National Snow and Ice Data Center reported Monday that the extent of Arctic sea ice shrank to 4.09 million square kilometres and is likely to melt more in the coming weeks. That breaks the old record of 4.17 million square kilometres set in 2007. In the winter, the frozen saltwater surface usually extends about 15.54 million square kilometres.

THE ASSOCIATED PRESS

On shaky ground

Quake rocks coast of El Salvador

A strong magnitude-7.3 earthquake struck off the coast of El Salvador followed an hour later by a magnitude-5.4 aftershock, authorities said early Monday. There were no immediate reports of damages or injuries.

THE ASSOCIATED PRESS

Storm expected to revisit Taiwan and Philippines

Typhoon Tembin. 119 km/h winds predicted to hit island nations Tuesday

Typhoon Tembin, which drenched southern Taiwan last week before going out to sea, appeared to be looping back Monday for another run at the island and the nearby Philippines, forecasters said.

The revisit comes after another storm about 1,200 kilometres to the northeast, Typhoon Bolaven, lashed the Japanese island of Okinawa. It injured five people and left 66,500 households without power as of Monday afternoon, but did less damage than feared before moving north into the East China Sea.

Bolaven could affect coastal areas of South Korea by Tuesday, weather officials said.

Taiwan's Central Weather Bureau predicted that Tembin would make landfall early Tuesday in the same part of southern Taiwan where it dumped more than 500 millimetres of rain three days ago. Tembin, packing winds of 119 km/h, will likely skirt the eastern Taiwanese coast before moving northward toward the Chinese mainland, the bureau said.

A man walks down a lane of water-damaged furniture from heavy rains brought by Typhoon Tembin in Pingtung county, Taiwan, Friday.
THE ASSOCIATED PRESS

In Manila, the Philippine weather agency reissued typhoon warnings to residents and fishermen for Tembin, which blew out of the archipelago over the weekend. Fishing boats in the north were urged not to venture out to sea while larger ships were warned of possible big waves and heavy rains.

Filipino forecaster Manny Mendoza said Tembin's 600-kilometre-wide cloud band would likely intensify monsoon rains and bring strong winds and thunderstorms to the country's still-soggy north.

Disaster officials in Okinawa were relieved that Bolaven, which had been billed as the strongest storm to hit the southern Japanese islands in several years, ended up being weaker than expected.

Okinawa authorities reported no major damage Monday aside from the blackouts. Officials in the nearby Amami islands said they had reports of damaged houses, but information was still being collected.

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Housing affordability still eroding

Higher home prices. Possible interest-rate increases next year could strain ownership and ultimately cool the hot Toronto market

The heat of Toronto's red-hot market may be "dissipating," but housing affordability has declined across Ontario for the second consecutive quarter with higher costs yet to come from rising interest rates, says a study from RBC Economics.

The cost of carrying the mortgage, utilities and taxes on a benchmark two-storey detached home in the Toronto area climbed 1.1 percentage points to eat up 63.9 per cent of median household income in the second quarter of this year.

The cost of owning a bungalow was up almost one percentage point to 54.5 per cent, says the report. Condos remained relatively affordable, climbing just 0.3 percentage points with carrying costs equalling about 35 per cent of median income.

In the case of single-family homes, the average carrying costs are well above the historic rule of thumb that housing costs should eat up no more than about 32 per cent of household income.

The GTA remains better off than Vancouver, where a carrying a detached bungalow now eats up 91 per cent of median household income.

TORSTAR NEWS SERVICE

By contrast

- At the peak of the housing market in the 1990s, it took about 80 per cent of household income to pay the mortgage, utility costs and taxes on a single detached home in the GTA, says RBC economist Robert Hogue.

Iraqis flock to faux fast-food franchises

A customer stands outside Burger Friends restaurant in Baghdad. A wave of new American-style fast-food restaurants is spreading across the Iraqi capital, enticing customers hungry for alternatives to traditional offerings. Iraqi entrepreneurs and investors from nearby countries, not big multinational chains, are driving the food craze. They see Iraq as an untapped market of increasingly adventurous eaters where competition is low and the potential returns are high. The traditional Arabic restaurants long popular here now find themselves competing against curiously named rivals such as Florida Fried Chicken, Mr. Potato, Pizza Boat and Burger Friends. There is even a blatant KFC knockoff called KFG, which owner Zaid Sadiq insists stands for Kentucky Family Group. KARIM KADIM/THE ASSOCIATED PRESS

Patent case

Apple seeks ban on 8 Samsung phones

Apple on Monday gave a federal judge a list of eight Samsung products it wants pulled from shelves and banned from the U.S. market.

U.S. District Judge Lucy Koh asked for the list after a jury in San Jose last week slammed Samsung with a $1.05-billion US verdict, finding that the South Korean technology giant had "wilfully" copied Apple's iPhone and iPad in creating and marketing the products. Samsung plans an appeal. THE ASSOCIATED PRESS

Market Minute

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PARK LIFE: FINDING JOY IN THE CITY'S COMMUNAL BACKYARD

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

Sometimes I'm jealous of my suburban pals. I don't have a backyard, a barbecue, a deck or a pool; but I do have a park. In the city's concrete jungle, parks are an oasis of green where visitors and residents congregate en masse to enjoy the dog days of Canada's fleeting summer.

Every weekend, downtown dwellers descend from their high-rise abodes to enjoy the street-level wonders of urban parklands. They sprawl out on picnic blankets and people-watch as other park life fans throw Frisbees, walk their dogs and engage in raucous rounds of croquet and bocce ball. After the sun goes down, people bring their own lanterns and sparklers, hosting al fresco birthday parties under the moonlight.

Land of the park-goers

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings are a way for us to take back public space as something that is truly ours.

This summer, my neighbourhood has been playing host to a series of impromptu outdoor movie nights. These screenings aren't so much an official community event as they are a couple of guys with a projector and enough Facebook friends to get the word out.

Tea light candles demarcate the seating area and the previews are YouTube music videos that inspire dancing from the crowd. Bicycles litter the makeshift aisles and the organizers sell $3 cans of Pabst Blue Ribbon and PWYC popcorn. Is it legal? Definitely not, but it's amazing.

After the movie finishes, everyone gathers their garbage and quietly makes their way home. For the most part, no one is loud and obnoxious; we respect our neighbours and the sanctity of our little patch of green in the heart of the city.

When so much of our urban landscape is claimed by retailers and condo developers, these impromptu gatherings are a way for us to take back public space as something that is truly ours.

Parks are exempt from the rules and commercial interests that govern the rest of the city; they are places to bring home-made meals and make DIY fun. There is no waiting for a table at the park and the price of admission is nil.

My park is where I liberate myself from the monotony of the treadmill and run along winding pathways and hidden trails. It is where I go to be alone with a book or reconnect with friends over a game of scrabble accompanied by a concealed bottle of wine. It is the bonus piece of beautiful green space that was never advertised with my 800-square-foot apartment.

As cityscapes become increasingly dominated by paved sidewalks and towering structures of concrete and glass, our parks, no matter how small, feel like an expanse of natural realness. They should be enjoyed and celebrated but most importantly, preserved.

Follow Jessica Napier on Twitter @MetroSheSays

A sunbather does a cartwheel in Manhattan's Westside Park in New York City earlier this summer. JOHN MOORE/GETTY IMAGES

Look before you leap

NATE CHAPPELL/REX FEATURES

Frog legs

Flipped like a pancake

This picture of a wild supper was captured in Missouri City, Texas, by photography tour operator Nate Chappell.

The yellow-crowned night heron preys on frogs but has to flip them several times in order to swallow them.

This two-legged bird needed several attempts to consume its meal.

METRO

Nate Chappell CONTRIBUTED

Q & A with the photog

- **How did you get the shot?** The heron was preoccupied with eating the frog so it let me approach fairly close. I got down low in the grass to get a more intimate view and better background. I crawled on my hands and knees to get closer to the bird, knowing that the bird was less likely to fly off if I was crawling. The bipedal form of humans is how most animals recognize humans and consider us a threat.

Long-time nesters

20

The number of years a yellow-crowned night heron family will inhabit a single nest. This is remarkable loyalty as the bird only lives for around six years, but its family will stay far beyond that. However, in many of the U.S. breeding grounds, the nests are under threat from hunters.

Metropolitan Panel

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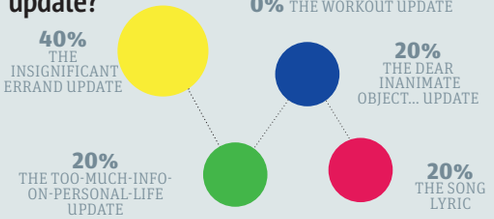
What's the most annoying Facebook status update?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40% THE INSIGNIFICANT ERRAND UPDATE
20% THE DEAR INANIMATE OBJECT... UPDATE
20% THE TOO-MUCH-INFO-ON-PERSONAL-LIFE UPDATE
20% THE SONG LYRIC

Twitter

@bidorALI: Dropped my phone on the ground so guy infront of me picked it & apologized...yup I'm home lol #Toronto

@chloe_charles: Rainy days are like when your mom tells you you need to sleep more....#ILoveRainyDays

@jayjayrub: I would fill up on gas today #Toronto. Long wknd plus oil refinery fire = bent over a barrel. #imadefunny

@i8theball: I can't stop sweating!! Wtf #Toronto

@CMvsReality: Today felt like Sunday. I can appreciate a rainy day. With the right playlist..

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ADR. 500 70 – Introduction to ADR: Mediation, Negotiation, Arbitration
Monday, Sept. 10 – Dec. 17 (45 hours) | 12:40 pm - 3:20 pm
An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

SHAW

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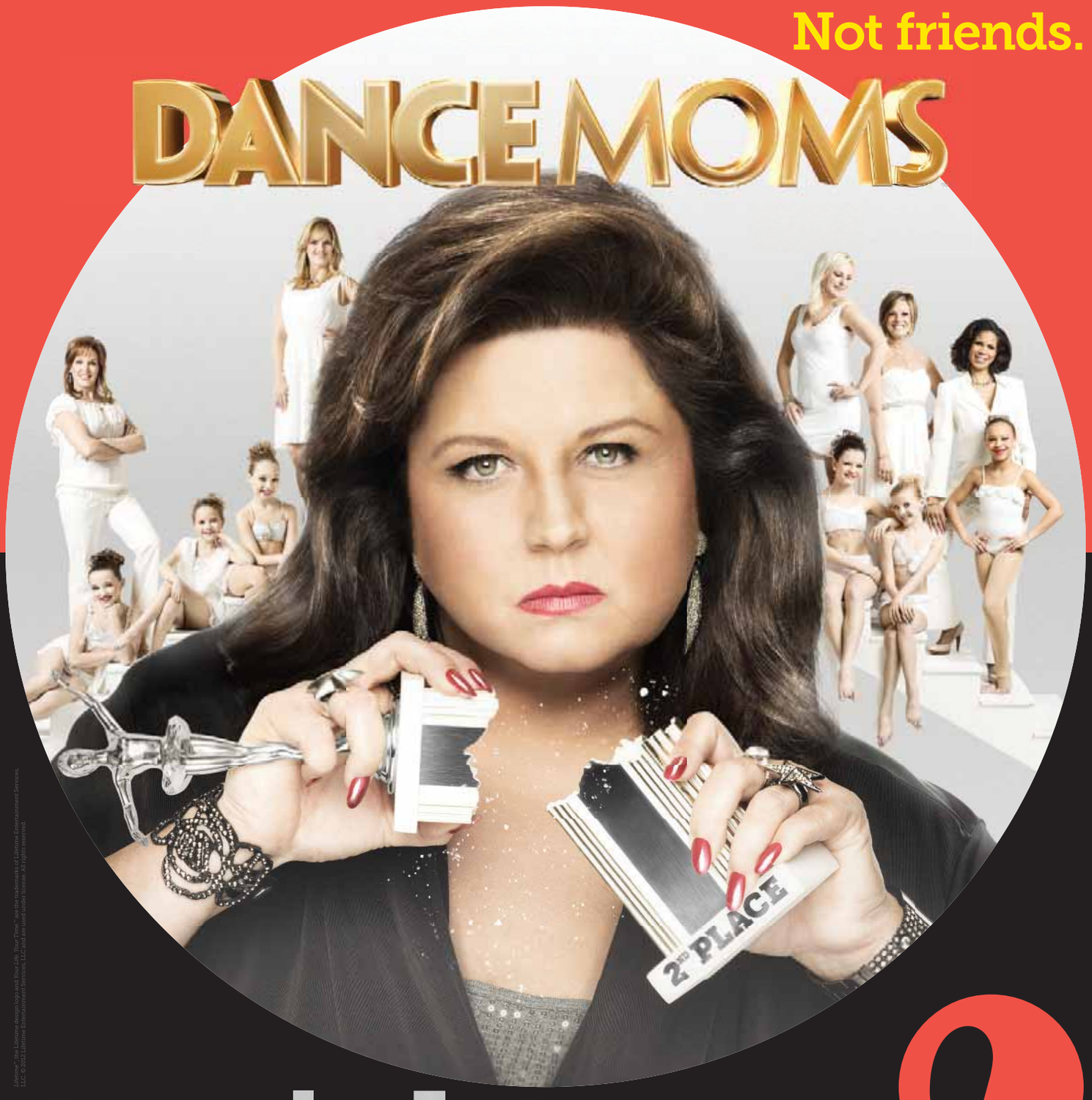
Not friends.

DANCE MOMS



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tonight 9

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DVD reviews

Battleship

Director. Peter Berg

Stars. Alexander Skarsgård, Brooklyn Decker, Liam Neeson

The reliable Liam Neeson elevates every film he puts his name to, including pay cheque gigs like Clash of the Titans. But even he couldn't keep Battleship from tanking. Based in name only on the old Hasbro board game, the Peter Berg-directed film awkwardly yokes a romantic redemption tale with a sci-fi potboiler about space aliens invading Earth. Neeson gives good stare in Battleship, as the admiral in charge of the U.S. Navy Pacific Fleet. That's about all he gives, but you can't blame him. The characters are little more than game pieces in this exercise in CGI overkill. Taylor Kitsch is the putative star, playing screw-up Alex Hopper, who fails at the high ideals set by his Navy-straight older brother Stone (Alexander Skarsgård). Battleship gives little reason to care about these characters. The state of your hearing after all the boom-boom would be of greater concern.

PETER HOWELL

Headhunters

Director. Morten Tyldum

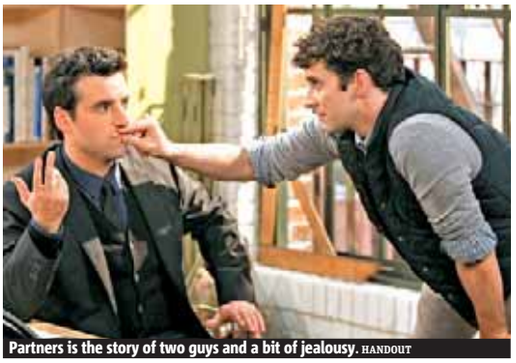
Stars. Aksel Hennie, Synnove Macody Lund, Nikolaj Coster-Waldau

Headhunters begins as a caper flick — we even get an opening how-to in the art of art theft — before transforming into a chase thriller, with both sections of director Morten Tyldum's film equally engrossing. Aksel Hennie is Roger Brown, a corporate talent scout who takes his occupation so seriously, he may as well be collecting scalps. Despite his impeccably tailored suits and outwardly genteel manners, Roger has a furtive look, resembling a Scandinavian Steve Buscemi. Roger is really a boor and conman. The craftiest trick of this well-written Norwegian film, though, is the way it shifts our sympathies from despising Roger at the outset to somewhere close to cheering for him at the end.

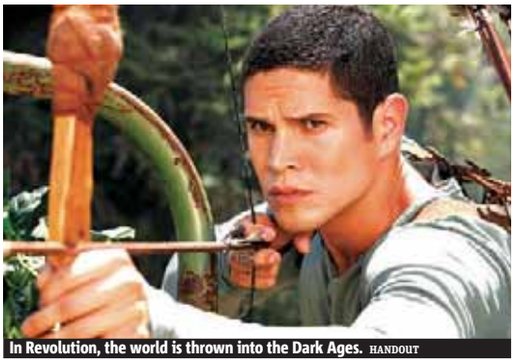
PETER HOWELL

Could Chicago Fire be pigeonholed as a public safety show?

Matthew Perry is a bereaved radio host in Go On. PHOTOS: THE ASSOCIATED PRESS



Partners is the story of two guys and a bit of jealousy. HANDOUT



In Revolution, the world is thrown into the Dark Ages. HANDOUT

TV's fresh fall crop a rather safe fare

Predictable choices. With the exception of Animal Practice, new programs seem to be sticking to tried-and-true formulas

Here's a fearless prediction for the new fall season: Animal Practice will be either a hit or a big-time miss; either a comedy game-changer for NBC or a punch line for its ratings desperation.

This sitcom about a veterinarian and his monkey sidekick is already commanding the attention of viewers. NBC has heavily hyped it, most notably by interrupting the Olympics closing ceremony to air a preview of the show and enraging viewers waiting for the Who.

But who cares if they're angry? For any new show, just getting noticed is half the battle. Between now and December, Animal Practice (airing on Global in Canada) is among nearly two dozen series getting launched by the five broadcast networks, which for weeks have been feverishly hyping the new crop with everything from bus ads to Twitter feeds, plus multi-platform previews of some shows, like Animal Practice, thrown in.

All of this is done with the certain knowledge that at least two-thirds of the new fare, no matter how relentlessly promoted, will have fallen by the wayside by this time next year.

Remember these duds from last fall: Charlie's Angels? Free Agents? How to be a Gentleman? Does a similar fate await Animal Practice, which stars Justin Kirk as a misanthropic veterinarian and Crystal, a scene-stealing capuchin monkey, as his oddly human second banana?

Or what about Go On, an NBC comedy (airing on Global in Canada) that casts Matthew Perry as a sports-talk radio host forced to attend grief counselling after the death of his wife? Can sadness trigger hilarity?

Or what about Chicago Fire (airing on Global in Canada) an action drama about firefighters from Law & Order maestro Dick Wolf? Chicago Fire could be pigeonholed as a show about public safety, but bona fide cop dramas — one of TV's most enduring genres — are represented by three fanciful variations.

On Vegas, CBS' robust new drama (airing on Global in Canada) set in the early 1960s, Dennis Quaid plays a rancher-turned-sheriff of the budding gambling mecca, with Michael Chiklis a mobster casino boss.

NBC's Elementary (airing on Global in Canada) stars Jonny Lee Miller as a modern-day detective with the name and quirkiness of legendary Sherlock Holmes, and Lucy Liu as Dr. Joan Watson. They assist the New York Police Department with solving crimes.

And the CW's Beauty and the Beast (airing on Showcase in Canada) features a lovely young homicide detective (Kristin Kreuk) who reconnects with a handsome young doctor who saved her life when a teenager. She also discovers his terrible secret: Thanks to a military experiment gone awry, when he is enraged, he becomes a terrifying beast with uncontrollable strength.

Meanwhile, there's just one new lawyer show on tap: CBS' Made in Jersey (airing on Global in Canada), which stars British actress Janet Montgomery as a young working-class Jerseyite from a long line of self-taught beauticians, a gal who bought her attache case not on Madison Avenue but down the shore. She lands a job across the river at a prestigious Manhattan law firm where her style raises eyebrows but wins cases.

Autumn will bring three new doctor dramas, each of which — like Made in Jersey — is headlined by a woman.

Jordana Spiro stars in Fox's The Mob Doctor (airing on CTV in Canada) as a Chicago surgeon whose obligations to the mafia require her to give medical treatment to a gang of hoods.

On the CW's Emily Owens M.D. (airing on CTV in Canada), Mamie Gummer plays a young med-school grad who's beginning a hospital internship full of hope. And on the Fox comedy The Mindy Project, creator-star Mindy Kaling plays a thriving OBGYN whose personal life is a succession of pratfalls.

NBC's edgy The New Normal (airing on CTV in Canada) finds gay couple Andrew Rannells and Justin Bartha concluding there's only one thing missing from their happy home: a child. They line up a surrogate mom (Georgia King) to carry it for them.

Also trading on the gay theme is Partners (airing on Citytv in Canada), with David Krumholtz as Joe and Michael Urie as Louis, partnered architects and best friends since high school. Louis is gay and Joe is straight, which isn't a problem until Joe decides to marry his girlfriend and Louis feels the sharp pangs of jealousy.

Besides the hybrid Beauty and the Beast, the networks have scheduled five other series with a supernatural, sci-fi or fantasy twist.

At the start of NBC's epic new drama Revolution (airing on Citytv in Canada) the lights abruptly go out, around the world. This unexplained power outage deprives everyone of every piece of electrical technology, stranding humanity in a modern-day Dark Age with no end in sight.

Let's hope this fate doesn't really befall humanity as we look forward to 2012's fall TV season.

THE ASSOCIATED PRESS

SCENE2

On the web

After a century of movie copyrights, piracy and preservation still present challenges.

Stirring the plot: Reality show set to sizzle with spy cams

Restaurant Makeover made over. Fresh twist Takeover adds new edge to popular program

Royal Ontario Museum Chef Corbin Tomaszeski will dine incognito as part of Restaurant Takeover. FOOD NETWORK CANADA/ THE CANADIAN PRESS

Restaurants teetering on the edge of bankruptcy need to get with the times, says a food industry expert who is passionate about helping failing eateries get their ledgers back in the black.

Chef Corbin Tomaszeski, who dines incognito as part of Restaurant Takeover, says he's amazed that many restaurateurs are not up-to-date when it comes to social networking or don't have Wi-Fi.

"If you look at the younger generation with their smartphones, you've got to get on board with that. People come in with their smartphones. What do they do?" he asked. "They take pictures, there's Facebook, they're tweeting, there's Pinterest, Instagram, there's all those things they do and that's just with their cellphone," he said.

"That's a huge impact on your business and if you're not set up for it, you're screwed."

Tomaszeski, who is executive chef at the Royal Ontario Museum and has 20 years experience in the food trade, is one of the experts who, along with designers, turn around failing eateries in the new show Restaurant Takeover. The fresh take on Restaurant Makeover premieres Thursday at 9 p.m. ET on Food Network Canada.

"I like the spin on the new direction the show has taken," with a greater focus on food and more tough love, Tomaszeski said.

What's different is the addition of spy-cams, which provide undercover footage of what customers would see, "which makes it blatantly obvious why they're having the problems they are," he added.

"We're actually looking at the restaurant while they're in business, which is something that never happened before. (Before) we went when it was empty, there was never any public there. You now have that realness to the show. It's less stagy, or fabricated as I say, and I also think it's not as predictable as the old show."

He said there's more focus on resolving why the restaurants are having problems rather than just doing a quick fix and creating a few dishes.

"There's a little more accountability on the restaurant's side with the chef and the designer taking over the restaurant. And (it's) really explaining to these restaurant owners that their business is in the pits and we need to do something about it. So we physically take the restaurant over."

Besides Tomaszeski, other familiar faces include Massimo Capra, chef and co-owner of Toronto Italian restaurants Mistura and Sopra Upper Lounge, and designers Cherie Stinson and Cheryl Torrenueva.

They're being joined by some newbies: chefs Richard Andino, Derek Minkensky, Andrea Nicholson and Adam Hynam-Smith, as well as designers Montana Burnett, Paula Velez, Amanda Campbell and Alison Milne.

As in the show's previous incarnation, restaurants apply to participate and agree to shut down during the six-day makeover. And they must pony up $15,000, which the show matches.

THE CANADIAN PRESS

Get real!

"It's less stagy, or fabricated as I say, and I also think it's not as predictable as the old show."

Chef Corbin Tomaszeski on reality show, Restaurant Takeover

What's on the menu?

The first season of Restaurant Takeover targets 13 eateries in Ontario and shooting is underway on the second season.

- In the premiere airing Thursday, Tomaszeski and designer Velez redo Village Pizza and Restaurant in Tottenham, Ont., northwest of Toronto. In the reveal, owner Bernice Augusto, whose decor was dated and cluttered, is at first not receptive to the new modern furniture and airier interior.

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The Daily Show has dubbed its upcoming coverage of the Republican and Democrat conventions, RNC 2012: The Road to Jeb Bush 2016. MARTIN CROOK, COMEDY CENTRAL / THE ASSOCIATED PRESS

Cast a vote for comedy

Ballots and balloons. Political conventions like candy stores for Daily Show cast

For The Daily Show correspondents, the national conventions are a veritable playground, teeming as much with targets for satire as they are with banner-waving delegates.

As it has in recent election years, the Comedy Central show is decamping for both the Republican and Democratic national conventions to broadcast a week of shows at each that will — in as close to real-time as The Daily Show gets — parody the nation's most extravagant political pageants.

"I cannot overstate just how many balloons are at these things," says a wide-eyed John Oliver, the British comedian who's been a Daily Show correspondent since 2006 and "covered" the 2008 conventions.

Whereas The Daily Show typically operates from its New York studio, sifting through TV footage for the gaffs, contradictions and inaccuracies of politicians and the media, the show is in the eye of the storm at the conventions.

THE ASSOCIATED PRESS

Laugh track

A history of hilarity

- The Daily Show, which will shift its regular schedule a day to broadcast four shows from Tampa, Fla., on Tuesday through Friday, has been covering conventions. on-site since 2000.

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Reynolds, Lively going strong

After almost a year together, Ryan Reynolds and Blake Lively are still going strong, according to People magazine. The happy couple was spotted in New York City last week celebrating Lively's 25th birthday with an indulgent treat at Serendipity 3. "They were very attentive to each other, sitting close and very into each other," an eyewitness says. "They were oblivious to what was going on around them,"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Tom Cruise kept the diamonds coming

THE WORD
Monica Weymouth
scene@metronews.ca

Say what you will about Tom Cruise — we certainly do — but the guy isn't cheap.

During their five-year marriage, Tom Cruise showered Katie Holmes with the type of gifts found only under the Scientology Christmas tree.

"Tom was extremely generous to Katie with lavish gifts during their marriage, and she will be keeping millions of dollars of jewelry, Hermes handbags and other luxurious items," a source tells RadarOnline.

"Tom gave Katie diamond earrings as a birthday gift one year that easily cost over $500,000, and he had custom design pieces made for her."

Under the terms of their divorce, Holmes gets to keep the swag and is free to sell it if her earlobes get tired — meaning, we can only hope, that she won't need that Dawson's Creek reunion paycheck.

Pitt children let loose in French toy store

Brad Pitt and Angelina Jolie squeezed in a little late-summer vacation time, taking four of their six kids to the coastal town of Le Touquet, France, over the weekend, according to People magazine.

Pitt and Jolie treated daughters Zahara, Shiloh and Vivienne along with son Knox to pizza before letting them loose on a local toy store Jolie had visited before.

"I wasn't notified of their visit. I didn't expect it. I didn't even recognize them. I said 'Bonjour' like I do to all my clients and then I saw Brad Pitt," an employee of Culture Kid tells the magazine.

"Since Angelina was here with her son last year, the shop has moved, but they found us."

Twitter

@SethMacFarlane
A big part of my life is trying to apply Purell without being noticed by the person who just shook my hand.

@BetteMidler
Gentle readers, by now you have gathered that I have been interested in wacky weather ever since I saw smog for the first time 40 yrs ago..

@rustyrockets
I deny all hurtful rumours that I have invented bejeweled hover-shoes. Lawyers tell me they are fashionable.

@SandraBernhard
camping is fine as long as someone else does all the work

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Visual aids can be used to help remind people that they have reached their limits on snacking. HANDOUT

Obey the stop sign for snacking

Health options. New study shows that visual cues can effectively cut down on consumption of snack and junk foods in your home

BEN KNIGHT
life@metronews.ca

Snacks are seductive. So delicious. So satisfying.

Not always healthy, though — and overindulgence is a constant danger.

But new research from Cornell University in Ithaca, N.Y., suggests that visual cues can effectively cut consumption, without really damaging enjoyment.

Cornell's food and brand lab dyed every seventh chip in a stack of potato chips red, then gave them to unsuspecting test subjects.

"We simply had marker chips in there," says lab director Brian Wansink, author of Mindless Eating: Why We Eat More Than We Think.

"We didn't say anything. There was no mention of why it was red, or anything. Simply having a marker chip in there led people to eat either seven or 14 chips. They got to the point where they'd see this stop sign. They might eat one or two more chips, but they wouldn't eat 50 more."

By the numbers

$2.1B

$2.13 billion is the value of snack food products shipped by Canadian producers in 2009.

A happy accident, or real science?

"We did the study three times, because the first time, it seemed too good to be true," he says. "Every time we did it, we saw this huge, huge effect."

But does it work when people know what the red chip means? Can this work with other snack foods, which don't so easily stack?

"Yes, yes, yes!" Wansink enthuses. "You can break your snacks up into little baggies. It may not be good for the environment, but it gives you a visual stop sign. Or you can use a twist seal to reseal a candy bar after you've eaten part of it."

He also suggests eating ice cream out of a little bowl.

"You can go back for seconds. You can go back for thirds! The empty bowl is kind of a red chip, saying 'Hey, do you want more?' You can have more, but you have to make that decision."

Wansink insists that eating less doesn't mean there's a matching drop in snack satisfaction.

"What we find is that it doesn't seem to be the amount. It's just whether you get the snack or not. We find that people get tremendous satisfaction out of just half the amount they would otherwise eat.

"Visual stop signs cause you to think twice."

Best Health

Breathe easy this fall

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In much of Canada, the peak for fall allergies is the third week of September, thanks to weed pollens (mostly ragweed) and mould spores. In the September issue of Best Health magazine, health writer Michelle Villett rounds up treatments for allergy-related sniffles and sneezes.

Oral antihistamines (Allegra-D, Benadryl Allergy Liqui-Gels)
They block chemical receptors in our bodies that react to histamines; they don't cure allergies but they do control symptoms such as a runny nose and itching.

Tip
Diphenhydramine, an ingredient found in products including Benadryl, can cause drowsiness. Newer ingredients, one of which is fexofenadine (found in Allegra D), have fewer side-effects.

Nasal decongestants (Claritin Nasal Pump, Dristan Nasal Spray)
When allergens enter the nasal cavities, they cause blood vessels to expand; these decongestants help shrink them. But don't take these for longer than three to five days, because it's possible to become dependent.

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On the Web

US Open defending champ Samantha Stosur on fitness, Japanese food, kick serves

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Fried rice in Asian restaurants is often made with lard or excess oil, adding enormous amounts of calories and fat.

I use a stock-based sauce that only uses a tablespoon of sesame oil. Also, instead of traditional green peas, I use edamame. That brings the calories per serving to 309 and the total fat to 5.4 grams.

Ingredients

Sauce
- 1/3 cup chicken stock
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tsp hot chili sauce

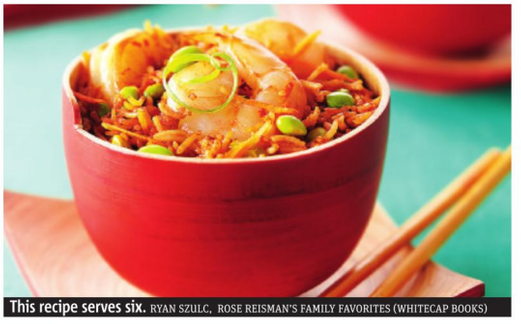
Rice
- 1 1/2 cups white rice
- 1 1/2 cups chicken stock
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp each finely chopped garlic and ginger
- 4 oz raw shrimp, peeled, deveined and diced
- 1 cup frozen shelled edamame
- 1/2 cup each grated carrots and chopped green onions

1. Sauce: Whisk chicken stock, soy sauce, sesame oil and chili sauce in a small bowl. Set aside.

2. Add rice to stock and bring to a boil. Reduce heat to low, cover and simmer 10 minutes. Remove from heat and let sit for 10 minutes, covered.

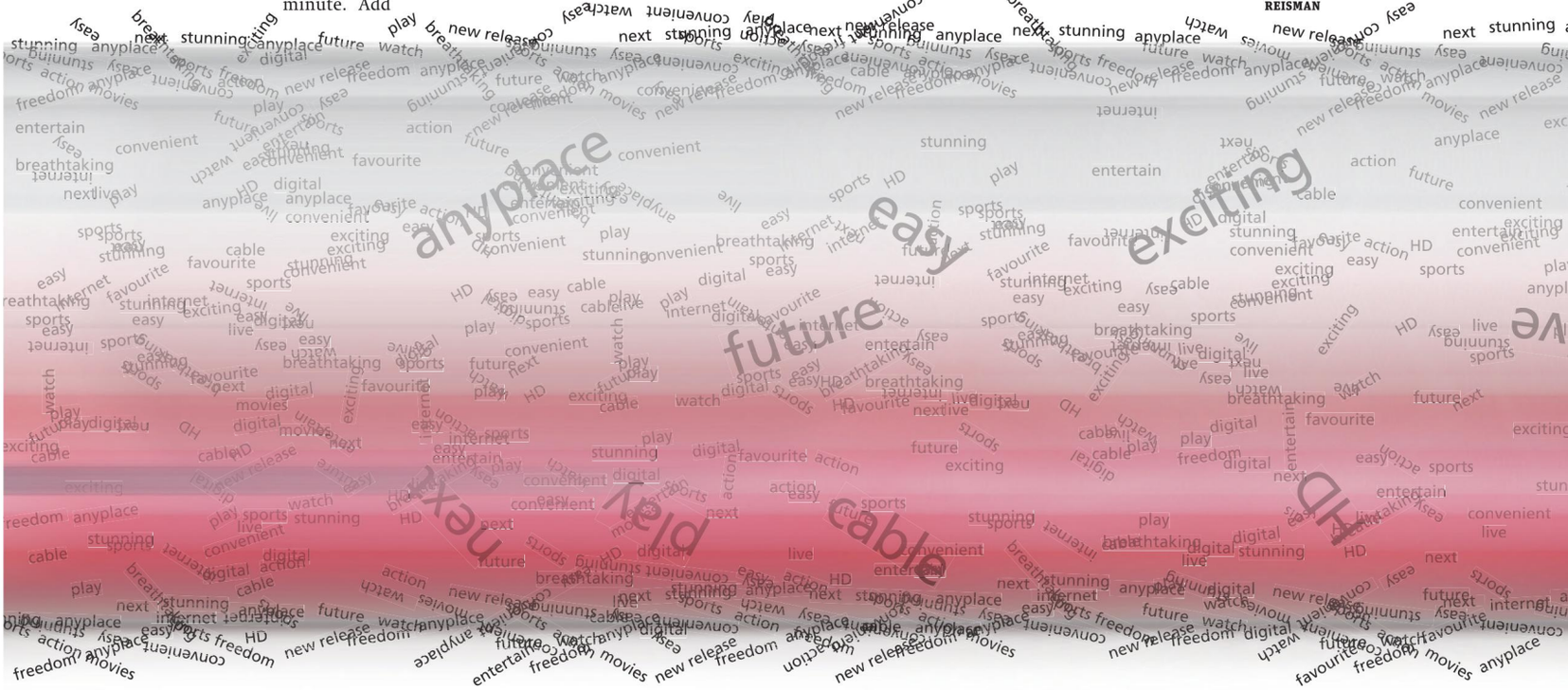
3. Lightly coat large skillet or wok with cooking spray, add oil and set over medium-high heat. Add onion and sauté 5 minutes or until softened. Add garlic and ginger and sauté 1 more minute. Add shrimp and edamame and sauté 3 minutes or until the shrimp just turns pink. Stir in the carrots and green onions.

4. Add cooked rice to shrimp mix. Add sauce and stir-fry 2 minutes, or until everything is warmed through and rice is coated with sauce. Serve hot.



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN



Thai Barley Salad. Seasonings spice up

1. In saucepan, bring 625 ml (2 1/2 cups) lightly salted water to boil. Meanwhile, rinse barley; add to boiling water. Cover and simmer until tender but still slightly chewy, about 25 minutes. Drain and rinse under cold water. Drain well, then place in bowl.

2. In bowl, whisk lime juice, vinegar, chili garlic sauce, fish sauce, sugar and salt until sugar is dissolved. Whisk in oil.

3. Cut peaches and red pepper into 2-cm (3/4-inch) pieces. Add to barley along with green onions, spinach, bean sprouts and mint. Drizzle with dressing. Toss to combine.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 175 ml (3/4 cup) pearl barley
- 30 ml (2 tbsp) each lime juice and unseasoned rice vinegar
- 15 ml (1 tbsp) hot Asian chili garlic sauce
- 7 ml (1 1/2 tsp) each fish sauce and granulated sugar
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) vegetable oil
- 2 locally grown peaches
- 1 sweet red pepper
- 2 green onions, thinly sliced
- 500 ml (2 cups) baby spinach
- 250 ml (1 cup) bean sprouts
- 50 ml (1/4 cup) chopped fresh mint

Health Solutions

Cereal killer

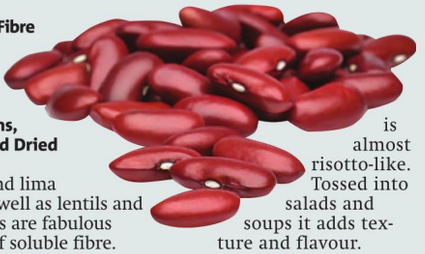
NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Say "fibre" and everyone thinks "bran," but there is a world beyond wheat that may be even better for you.

One of the key nutrients required for, ahem, regularity is magnesium and magnesium can be bound by wheat bran rendering it inabsorbable.

So over the long haul, you want to vary the source of bulking substance like wheat bran (insoluble fibre) and add cholesterol lowering, blood sugar regulating soluble fibre from other sources. (And I will try to keep this clean...promise.)

Insoluble Fibre Sources



1. Kidney and Lima Beans, Lentils and Dried Peas
Kidney and lima beans as well as lentils and dried peas are fabulous sources of soluble fibre. Find a way to work them into your soup, rice or entrée daily.

2. Psyllium Husk
Psyllium husk is found in some breakfast cereals but also as a powdered supplement that can be added to just about anything.

3. Barley
Barley is a fabulous alternative to rice. Cooked in stock and stirred with grated Parmesan cheese, it is almost risotto-like. Tossed into salads and soups it adds texture and flavour.

What insoluble fibre does is pull water into the bowel to form an easy to pass gel. This prolongs stomach emptying time to slow down digestion of sugars and helps capture and remove bad fats. Easy, peasy...get it?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Ready, set, head for the border!

Alison's Money Rule. Keep travel and accommodation costs low to save big on cross-border shopping

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are plenty of good reasons to cross the border for shopping. ISTOCK IMAGES

Desperately seeking last minute back to school deals? Go south. Call me unpatriotic and a Canadian business killer, but financially stressed families can't be faulted for wanting to save money by taking advantage of cheaper prices.

New customs rules and a strong loonie provide good reasons to head into the US for all those must have school clothes, electronics and other goodies.

But if you go be prepared for long waits during peak times this weekend as the 50 million visits annually by Canadians to the U.S. is the highest in two decades.

Higher limits on what we can bring back to Canada went into effect in June, which will only boost that visitor number.

For stays of 24 hours the import limit is $200, up from $50, and a flat $800 if you stay more than 48 hours, up from $400 for two day visits and $750 for a week or more.

According to the most recent BMO Capital Markets cross border shopping report, some of the best deals south of 49 are the kinds of things kids need\ want for school. For example, running shoes are 37 per cent cheaper in the States, those adorable Pottery Barn Kids backpacks cost 26 per cent less and you'll save 19 per cent on kids' Gap T-shirts.

A basket of U.S. goods including diapers, BBQs, iPods, golf balls and small appliances produces a savings of 14 per cent. However, don't just focus on prices. Factor in the cost of gas, meals, hotel as well as duty and GST and HST if you go over limit — which is very easy to do. Don't forget to take the exchange rate into account. Though the posted rate may show the loonie at par or better, when you buy greenbacks it will cost you three to four cents more.

And if you use your credit or debit card there will be an exchange rate differential plus (usually) a 2.5 percent transaction fee.

Affordable travel

When loyalty doesn't pay off

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I had my frugal butt kicked last week as I planned an affordable last minute trip to Europe. In light of the Eurozone debt crises, some of the most inexpensive international holidays at the moment are European vacations.

I had the right idea on how to save money – wait until after the Olympics, be semi-flexible on the location, try to snag a last minute travel special and use loyalty points for flights, rail and hotels.

But, when it came time to redeem my travel rewards, I couldn't use a single point towards any part of the trip.

My first error was waiting too long to book; my second error was trying to book a seat sale on flights through my VISA points — which I have done on previous occasions.

But because I didn't leave enough time in advance, according to VISA's policy, the cheap flights were not available nor eligible for point redemption.

A July 2012 American Express survey revealed that approximately 19 per cent of North Americans use loyalty points for travel throughout the summer months; hence the limited availability.

The next eye-opener for me was learning the true cost of trying to use loyalty rewards semi-last-minute; the amount of points it takes to purchase a ticket can be triple the normal amount. No thanks! That's a bad deal!

That's when I decided to book my seat sale without using points and instead I paid with cash.

Thankfully, with a strong Canadian dollar, off-season pricing and switching to a local airline from London, the price tag was 50 per cent less than if I were to have planned travelling mid-summer.

Post purchase, I learned through Google research that the greatest value travel point collectors receive is when they use their points for business or first class tickets.

Thus, I tried one last time to use my points for an upgrade to business class for the long-haul portion of the trip.

NO-GO.

Because I'd booked seats on sale my 'cheap seats' weren't eligible for upgrades … on any segment of the trip.

I still believe in collecting points because I love free things.

But, my unpleasant experience has taught me that to maximize the greatest value from a loyalty program, book well in advance.

I'd also recommend avoiding rewards programs you don't plan to redeem within a short time frame (five years or less).

This is because the longer you wait, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

More Fun and Frugal

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‘Intervention meets Sex and the City’

Reality TV. Reformed ‘other woman’ offers plenty of advice in The Mistress, which premieres Wednesday

MELISSA REBER
For Metro

If you’re caught in a love triangle with a married man, Sarah Symonds has some advice for you: “Get out! Don’t walk, run! He will never leave his wife for you.”

Sarah would know; she calls herself the reformed “other woman” after a string of affairs (including ones with chef Gordon Ramsay and Jeffrey Archer) left her heartbroken and alone.

She wrote the book Having an Affair? A Handbook For The Other Woman, which stirred up major media interest on the controversial subject. Now she has teamed up with Great Pacific Media to produce a reality show called The Mistress, where she will work with women stuck in these dysfunctional relationships to help set them on the right path. The show premieres Wednesday at 8 p.m. ET on Slice.

What was it that attracted you to the lifestyle of ‘the other woman’? What made you finally stop?

At the time I started I was in my late 20s, I was mixing in a high octane PR world. I didn’t have the filter to say no. Most of the men I dated were unavailable or married, although sometimes I didn’t know that at first. In 2006 I had my heart broken beyond words and that’s what made me sit down and write my book. Then when the Gordon Ramsay scandal broke, I didn’t want to be that girl in the tabloids and have my parents see that. I wanted to be done with it.

Have you ever been confronted by one of the wives (any fights)?

No physical fights, but I’ve called both the wives of the men I really loved. It was not out of malice, it was out of pain, but the reaction I got when I called the wives… they were so matter of fact, and there I was bawling my eyes out. They just said, ‘OK, I’ll have a talk with him when he gets home.’

It was unbelievable.

There are some altercations on the show, but it’s not about that and it’s not about exposing him (the man). It’s a raw subject and I’m trying to get them out of this toxic relationship, and when that happens there are going to be confrontations.

What are the top three signs that your partner might be cheating/ has a mistress?

1. If he’s suddenly mysterious about his cellphone, if he doesn’t want you to see his missed calls or text or he goes into the washroom to use his cellphone — wake up! Who does that? He’s probably hiding something.

2. If he says he needs alone time or is willing to run around doing any errands he normally wouldn’t.

Remember that the “other woman” is always asking to see him so to keep her happy he’ll have to find excuses to get out of the house.

3. If he suddenly offers to do his own laundry — what man does that? He might be trying to make sure you don’t see any stains on his shirt or a fancy restaurant receipt he left in his pocket.

You’ve got instincts, use them! If you think something is wrong, investigate it. Having said all that, don’t be paranoid, but don’t be stupid. Be real.

Advice for the wives?

Wives need to wake up! After you get married you have to still be the woman he married. This might be harsh, but if you’re not sleeping with your husband someone else is. But I don’t place the blame only on the wife or on the husband; there is blame on both sides. Men — go home and talk to your wife. If it’s not working out then end it. It’s called wedlock not deadlock!

What’s the difference between mistresses around the world?

I hear from women everywhere. Just last week I got emails from women in Manila (Philippines), India, Australia… and it’s all textbook details; same situation, different location.

Sarah Symonds

Tell me a bit about the show. What should viewers expect?

It’s a mix of Intervention meets Sex and the City. It has a redemption edge to it, but it’s a wake-up call for mistresses. My work is over five days with them and I want to get them to realize they are worth more and to move on. Each story is so different… different ages, colours, circumstances.

This show is myth busting. You typically think of the busty blond being the mistress, but on the show what we see is so far from that stereotype. It’ll blow your mind.

It took a Canadian company to believe in me, so bravo to Canada for taking a chance.

People are interested and searching for this info. And who knew there was so much infidelity here (laughs).

We’ve already done 14 episodes and women keep knocking on my door wanting to be involved in the show!

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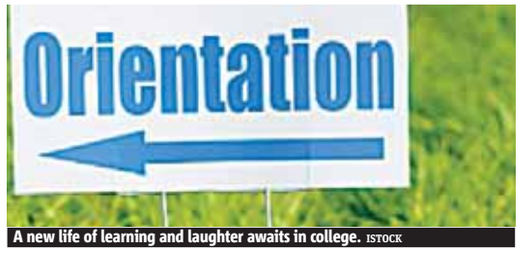
Starting out fresh with frosh

Work hard, play hard. Don't waste that first week of freedom

For new students across the country, frosh week is an orientation to university or college life and an introduction to ideas that could potentially shape your view of the world. To make your first week on campus a memorable one, follow these simple tips:



A new life of learning and laughter awaits in college. ISTOCK

Visit the campus

No one has ever gotten acquainted with their classes, campus, or colleagues by staying in bed. Tempting as it may be to sleep in and stretch summer by another precious week, get up and physically go to school — whether or not you have a class. Even just hanging around campus with a newspaper and a coffee will give you an idea of who your classmates are and where the hot spots are located.

Try something new

During the first few weeks of the school year, most student clubs, groups, and teams set up booths to recruit new members. You may find groups for environmental activism, ultimate frisbee, or identifying with your cultural roots. Exploring student clubs and getting involved in extra-curricular activities is a great way to meet new people and help you discover what is important to you as a person.

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LINDA CLARKE
life@metronews.ca

They're going to have to do their homework, and so should you! ISTOCK

The first day at school isn't what it used to be. These days, by the time most children start formal education they're relatively comfortable with separation from the home and parent, says Jayne Singer, Ph.D., the clinical director of the Child and Parent Program at Boston Children's Hospital.

"Children who have had high-quality day care or preschool make a better transition to school both emotionally and socially," she says.

Still, even leaving a private play-based preschool to go to a public school is a big transition, and there's a lot parents can do to ease a child's stress with any environmental change. When it comes to easing anxiety, familiarity breeds comfort.

"Give the child guidance; show them pictures of their new classroom or school. A lot of schools have the good sense to hold open houses or have a welcome visit. Visit the school, visit the playground. Show them the classroom and where they will play. The sense of familiarity will ease anxiety."

"Also," adds Singer, "younger children do well with concrete reminders about the passage of time. Get a calendar and mark off the days until school starts. Turn it into a craft project. Say, make a flower and add a petal for each day."

One thing parents should watch for is transferring their anxiety. "Parents shouldn't assume a child is anxious or feels separation. Don't ask, 'Are you scared?' Let the child bring it up and if they do, say, 'Of course you are. I feel nervous when I do something new.'"

Parents should also get ready in advance

"Have a conversation with personnel at the school so you are prepared for the environment," says Singer. "The more parents know about the school, the more authentic they are in offering guidance to the child. Tell your child they will have a chance to play, they will have a place to draw and paint. Give them concrete examples of what is there. Give them a vision of the classroom as a kind and supportive place."

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EDUCATION BOOM

CHANGING OF THE GUARD AS BABY BOOMERS RETIRE

Adult education is booming — thanks to the baby boomers.

Bob Cram, executive director of the Centre for Continuing and Distance Education at the University of Saskatchewan, says older workers exiting the workforce have driven up demand for business courses to train their replacements.

Demand this fall will be high for courses in business, communications skills, writing skills and leadership development, supervisory dealing with difficult people. "All of those courses help you develop skills you can use in your job," he says.

AU student Shenoor in Toronto, ON

Many adult learners take skills non-credit courses once a week in 13-week evening classes. He says leadership development and project management are the most popular. Another popular section is graduate programs like an MBA for a businesswoman advancing her career, or a master's in education for a teacher who wants to become a principal. Public administration and public health degrees are also in demand.

Cram attributes it to a changing of the guard as boomers retire. Those retired boomers also created the second surge in adult education. "Now they want to take courses that are just for fun. For the love of learning," he says.

They don't care about getting a degree, but just want a social outing in an educational setting. Many cities have non-profit organizations like the 400-member Saskatoon Seniors Continuing Learning Inc. These groups liaise with their members and their local universities to pick classes on topics like Irish literature, the origins of the First World War, or Prairie geology.

Cram notes you can audit a course, which means you don't get a credit, but it reduces the cost by half. Seniors can sometimes learn for free. "Typically, it's after the normal registration period has closed. If there's space in the class they can register for free," he says.

The trend is moving away from that, but it's worth checking with your registrar. Courses organized specifically by seniors groups are often only about $50 anyway.

Cram notes that many of the professional development courses are being taken online. The University of Saskatchewan saw online enrolment jump 35 per cent in each of the last two years.

– Jon Tattrie

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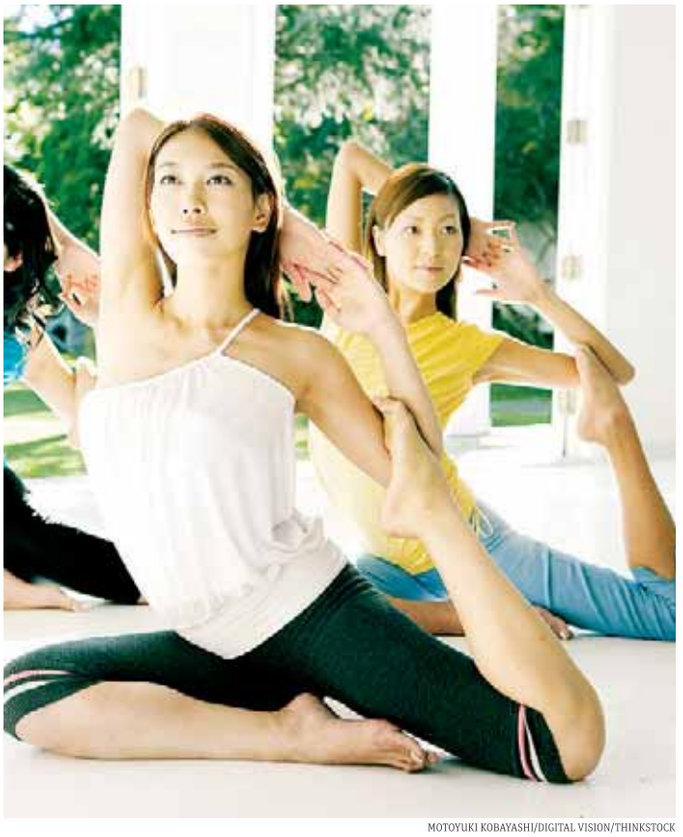

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Teaching yoga right takes patience. So does learning to teach it. At Sheridan College, you will find out why.

Sheridan has been certifying yoga instructors for more than 20 years. Its teaching hatha yoga program, delivered over four semesters, instills in students the values of relaxation, prudence, ethical practice, and business acumen — all of which they need to do their jobs well. While there may be "faster" programs out there, none are more thorough.

"Our graduates are very safe," says Sharon Bateman, the program's co-ordinator. "That's the feedback we get from their clients, regardless of where the classes are held. They're safe because we teach them to examine each pose: To understand how it works and what it does for the body."

Who is right for the program?

"Our students usually have at least a year of yoga training under their belts before enrolling — they know the basic poses already," says Bateman. "A background in fitness or wellness skills also helps, though it isn't necessary. Some simply take the course out of interest."

One constant Bateman sees among new students is the desire to pass along life-changing yoga experiences. "Yoga has helped these people live healthier lives. Our students want to help others experience that same benefit. Becoming an instructor lets them to pay it forward."

Sheridan graduates teach yoga to different kinds of people in many different environments, and building a business isn't easy. That's why the teaching hatha yoga program devotes time to the fundamentals of business management, including accounting, tax preparation, and marketing, too.

The next set of classes begins Sept. 11, and a few openings are still available. Bateman urges those interested to sign up now. This is your chance to learn yoga the right way — and teach others the right way, too.

For course and program guidance, email program co-ordinator Sharon Bateman at teacher.sharon@sheridan.com, or sharon.bateman@sheridanc.on.ca.

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TIPS FOR HEADING BACK TO SCHOOL

FROM THE DEAN OF G. RAYMOND CHANG SCHOOL OF CONTINUING ED

Sooner or later, we all need to upgrade our skills. Continuing education is the way to do it.

But going back to school, especially if you graduated decades ago, can be intimidating.

Not to worry: Dr. Gervan Fearon, dean of The G. Raymond Chang School of Continuing Education at Ryerson University, offers these tips to make your return to academic life a successful one:

BEFORE YOU ENROL

1 Set a clear educational goal, then share it with friends and family to ensure their support.

2 Determine the tools and equipment you will need, such as a laptop, a vehicle, etc.

3 Assess your skills and background: Are you prepared for the courses you want to take? If not, what do you need?

THE G. RAYMOND CHANG SCHOOL OF EDUCATION PHOTO

CHOOSING A COLLEGE OR UNIVERSITY

1 Look for a variety of program options at the school you choose, including a mix of in-class and online courses.

2 Ask former students about the quality of student advising and career counselling the school offers.

3 Consider convenience. Is the school nearby? If not, will online courses make up for that? How flexible is the course schedule?

DETERMINING YOUR LEARNING STYLE

1 Remember, not everyone learns things the same way.

2 How you master tasks in the "real world" is probably how you will master concepts in class.

3 To discover how you learn best, think back to a course or project at which you excelled. How was the material taught? Why did that method work for you?

TIME MANAGEMENT

1 Set aside time each day for studying and course work. Be realistic, especially if you have a full-time job and/or family commitments.

2 Build an academic calendar marking key dates, such as exams and due dates for assignments.

3 Create a contact list that includes phone numbers and email addresses for instructors and fellow students.

ADAPTING TO ONLINE LEARNING

1 Familiarize yourself with online tools, such as video streams, podcasts, and wikis before the semester starts.

2 Actively participate in online discussions and activities to maximize your learning opportunity.

3 Develop a schedule and stick to it: Online learning requires great self-discipline from students.

MORE ABOUT THE PROGRAMS

The G. Raymond Chang School of Continuing Education at Ryerson University offers 1,500 degree and non-degree credit courses-including 400 online courses, plus 13 part-time degree programs, and 92 career-related certificate programs, 23 of which can be completed online. To learn more about its continuing education programs, phone 416-979-5035, email ce@ryerson.ca, or visit ryerson.ca/ce.

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GEORGE BROWN COLLEGE PHOTO

NEW FACILITY FOR MAKEUP AND ESTHETICS

George Brown College's School of Makeup and Esthetics is moving to 193 King St. E. This new, larger facility will feature showers, a changing room, and a spa with private treatment rooms.

The school will also be offering two new certificate programs: Body treatment therapist; and skin care therapist. To learn more about these programs and others offered by the School of Makeup and Esthetics, visit the continuing education website at coned.georgebrown.ca/makeup.

GEORGE BROWN COLLEGE PHOTO

GEORGE BROWN HAS THE WRITE STUFF

Do you want to be the one who gives stories their power and actors the words they speak? You can learn how through George Brown College's screenwriting certificate program.

Part of continuing education at George Brown College, the screenwriting certificate program gives you the tools and training you need to embark on a career writing scripts for stage, screen, or television. If your goal is to write and produce your own short film, it can prepare you for that, too.

Taught by professional filmmakers, writers, and story editors, the courses in the screenwriting program provide a mix of encouragement, critique, and practical advice. They help you determine which medium suits your skills best. And they teach you to judge the marketability of scripts, including your own.

"People always ask me what sells," says Nika Rylski, an instructor with the program since 1988. "I tell them: Write what you would pay to see."

"Our screenwriting courses are taken by people with various ambitions," says Kathleen Abbot, associate dean, Centre for Continuous Learning. "Some are simply curious about the business. But others go further — becoming writers or story editors, even seeing their screenplays optioned or produced."

The screenwriting certificate program has six compulsory courses, including: Screenwriting I – write your own screenplay; playwriting; and writing TV scripts that sell. You may also choose one from three elective courses.

Classes are taught during the evening, allowing you to balance your studies with a full-time job or other commitments.

All are held at George Brown's St. James campus, 200 King St. E.

MORE ABOUT SCREENWRITING PROGRAM

To learn more about George Brown College's screenwriting certificate program, visit coned.georgebrown.ca/screenwriting on the web.

You can also phone the Centre for Continuous Learning at 416-415-5000, ext. 2092, or email celiberal@georgebrown.ca.

SUCCESS STORY

David Shamoon is a successful screenwriter. One of his scripts has been nominated for a Genie, and the film produced from it, for an Oscar. But before all that, he was a student at George Brown College.

It was during the mid-1990s that Shamoon, owner of an ad agency, decided to turn his love of film into a career. He wrote a screenplay, took it to a story editor, and was told it had potential. But, said the editor, Shamoon had a lot to learn about screenwriting.

Where to turn next? For someone with a full-time job, it wasn't easy to make time for more education. But Shamoon found what he needed by enrolling in screenwriting I – write your own screenplay, a course offered by continuing education at George Brown College. The evening classes fit his schedule just fine. And more importantly, they put him in contact with Nika Rylski.

"Nika is well-known in the writing community as a fantastic teacher," says Shamoon. "And a tough one. She prepares you for what writing for film and television is really like. If you're serious about this business, her classes are a great way to get started."

Rylski taught Shamoon how to navigate a screenplay. She also taught him how to take criticism. "And you must be open to it," says Shamoon. "Because that's how it is in the real world."

Though an honest critique can sting, it should ultimately give you confidence — because you will know, once you have taken the advice to heart, what works and what doesn't. For Shamoon, it was the beginning of big things. The script he worked on in-class won him his first agent. Within a few years, he had sold his first option for a script idea. He then enrolled in George Brown's screenwriting II course to develop it.

"Nika once told me that a screenplay can be an art form in its own right," says Shamoon. He proved her right in 2003, when his screenplay for In Darkness earned him a Genie nomination for best adapted screenplay. The film also received a best foreign language film nomination at the 2012 Academy Awards. Today, his work is part of the Academy of Motion Picture Arts and Sciences permanent collection in Los Angeles.

He remains busy. His current project is a contemporary comedy film, Taking Off, to be directed by Paul Morrison. And he is using the skills he learned at George Brown to expand into other media, too, having spent the last few months working on a TV series.

Television writing is a new challenge, but for Shamoon, that's OK. When you do what you love, you keep doing it.

David Shamoon
GEORGE BROWN COLLEGE PHOTO

POLISHED PIECES FOR YOUR PORTFOLIO

"The great thing about George Brown College's screen- and TV writing courses is that they help you get your work written," says Sarah Lazarovic. "Weekly deadlines, collaborative critiques, and solid notes from Nika Rylski ensure that you leave each class with a fairly polished piece to add to your portfolio."

Lazarovich would know. She began writing the screenplay for her first feature film, The Teplitskys Are Furious, while studying under Rylski in 2009. In August 2010, the screenplay was chosen as a semifinalist for participation in the Sundance Screenwriters Lab. And this past July, Quadrant Motion Pictures announced that it had optioned the rights to the film, previously developed through the National Screen Institute's Features First program.

"Sarah Lazarovic is a hugely talented and funny writer," said Mary Anne Waterhouse, producer at Quadrant. "The story she has crafted has real depth of character, humour, and it's always entertaining."

It's another success for Sarah Lazarovic — and for George Brown.

ALL THE TOOLS YOU NEED TO SUCCEED

HANDS-ON TRAINING AT PRE-APPRENTICESHIP TRAINING INSTITUTE

Skilled trade jobs are among the highest in demand in Canada and continue to grow in demand, so if you are thinking of pursuing a hands-on job in one of the numerous licensed skilled trades, look no further than the Pre-Apprenticeship Training (PAT) Institute.

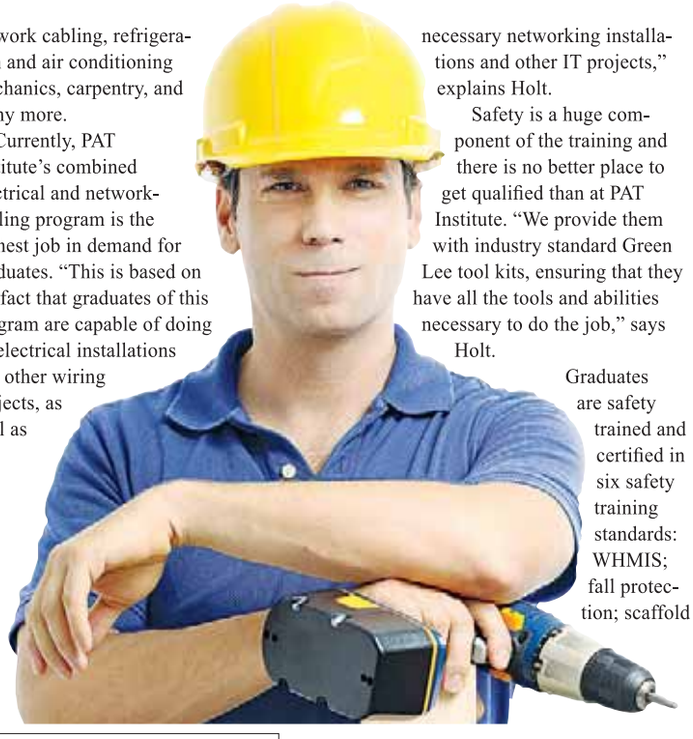
"The outlook for future careers of licensed trade professionals is very optimistic as demand continues to grow," says Evan Holt, training consultant at PAT Institute.

PAT Institute is a private career college, offering specialized training at state-of-the-art facilities in both Toronto and Cambridge, where training projects are designed to simulate job sites.

The course curriculum emphasizes a hands-on approach, ensuring graduates have the working skill sets required to pursue a career in their chosen trade. No experience is necessary to enter the institute.

In just three to six months you can obtain marketable technical skills that will provide you with direct access into the workplace in trades such as plumbing, network cabling, refrigeration and air conditioning mechanics, carpentry, and many more.

Currently, PAT Institute's combined electrical and network-cabling program is the highest job in demand for graduates. "This is based on the fact that graduates of this program are capable of doing all electrical installations and other wiring projects, as well as necessary networking installations and other IT projects," explains Holt.



Safety is a huge component of the training and there is no better place to get qualified than at PAT Institute. "We provide them with industry standard Green Lee tool kits, ensuring that they have all the tools and abilities necessary to do the job," says Holt.

Graduates are safety trained and certified in six safety training standards: WHMIS; fall protection; scaffold training; aerial platform; confined spaces and hazard awareness; and lockout and tagging safety.

Because PAT Institute's program standards are industry-based, graduates are job-ready, armed with the right skills and tools needed to enter their chosen sector and pursue a skilled trade apprenticeship.

"With our industry partnerships, we are able to link our graduates to industry job opportunities," he explains, adding, "Our graduates have access to the Merit and OEL job boards, as well as CLAC job assistance programs.

In fact, PAT Institute graduates represent the highest per cent of employment from the Merit Ontario job board program"

For more, go to patinstitute.ca.

REQUIREMENTS

Students must be at least 18 years old and range in age up to 50 years old. The institute typically has up to 400 students each year. PAT students have an 85 to 90 per cent job success rate upon graduation.

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EXPLORE NEW AVENUES

45TH ANNIVERSARY OF THE MILLIE ROTMAN SHIME BRIDGING PROGRAM

UNIVERSITY OF TORONTO PHOTO

Earning a bachelor's degree from the University of Toronto is a challenge for anyone. But if you have been away from school for a while, and lack the credits even needed to enrol, it seems impossible.

It's not.

If you are aged 19 or older, and left formal education some time ago, the Millie Rotman Shime academic bridging program could be your way forward. Its students complete one of three courses (contemporary Canada; Canadian history; or introduction to literature), earning their first course credit at the U of T.

"A lot of people don't think they could ever qualify for university studies," says Thomas Socknat, academic director of the program. "But that is exactly what this program is designed to do — provide the opportunity for 'non-traditional' students to explore and pursue post-secondary education."

Support and guidance is available if you need it. Classes in the academic bridging program are small, making it easy to interact with instructors and ask questions. You will have access to study skills seminars, too, plus the help of the Academic Writing Centre.

Introduced 45 years ago as the pre-university program, the academic bridging program was updated and renamed in 2000 to commemorate Millie Rotman Shime, a U of T graduate and Toronto teacher whose passion for helping others was well-known.

You still have time to register for the 2012-13 fall session beginning in September. However, the program isn't open to everyone, so make sure to research your eligibility before you apply. To learn more, phone 416-978-7487, or email academic.bridging@utoronto.ca. You can also visit the program website at wdw.utoronto.ca/bridging.

ISTOCKPHOTO/THINKSTOCK

COMSTOCK IMAGES/THINKSTOCK

COURSES GIVE NEWCOMERS A CAREER EDGE

A unique set of language courses is helping skilled immigrants to Ontario rebuild their careers in the local workforce.

Occupation-specific Language Training (OSLT) courses provide newcomers with workplace communication skills and cultural knowledge to help them advance in their sector. Led by Colleges Ontario and funded by Citizenship and Immigration Canada, the free 180-hour courses (see co-oslt.org) are geared to more than two dozen occupations in seven employment sectors: Automotive; business; child and youth worker; construction; health care; technology; and policing and security.

Called Workplace Communication Skills For (sector name), the courses are available at 15 Ontario colleges, including six in the GTA: George Brown College; Humber College; Centennial College; Collège Boréal; Seneca College; and Sheridan College. With their extensive expertise in language training, established tradition of real-world learning and strong network of community and employer connections, Ontario's colleges are ideally equipped to deliver these courses.

Students learn how to interact with colleagues, clients and supervisors in person, by phone and by email. They also discover the socio-cultural dimensions of workplaces in their sector.

"This course was very helpful because it taught the communication techniques, culture, language and terminology aspects of the professional environment," says Piyush Darji, who completed the health sciences course at George Brown College.

Students also learn about workplace legislation and regulatory or licensing bodies relevant to their occupation, and develop strong networking and job interviewing skills.

"We did lots of role modelling of specific communication situations and had class discussions so we could better understand the content," says Rachana Rajguru, who completed the child and youth worker course at Sheridan College.

Armed with strong on-the-job communication skills and a solid understanding of the workplace culture in their occupations, participants become prepared to re-establish their careers.

"When I first arrived here, I was lost. But now I feel more confident to look for work," says Eva Alicia Garcia, who took the technology course at Humber College. "I feel comfortable to send out my résumé and answer questions in job interviews. I also know how to act in the workplace."

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CENTENNIAL COLLEGE PHOTO

BE PREPARED

WITH TWO NEW COURSES FROM CENTENNIAL

Smart planning can keep an emergency from becoming a tragedy.

Now, two new courses from Centennial College's Emergency Management and Public Safety Institute (EMPSI) can teach you the theory and practice behind emergency preparedness, response, and recovery planning. You will learn how to develop a plan, implement it, and communicate it to others. These courses aren't just practical, they are lifesavers.

Managing and operating a virtual emergency operations centre (VEOC) is the first course of its kind in Canada. Designed for those seeking careers as emergency management practitioners, incident managers, incident commanders, and responders managing and operating VEOCs, this 30-hour course will teach you how to apply social media and other modern technologies toward planning, leading, and participating in emergency response activities. This course will ensure your knowledge is up-to-date and effective, whether you are operating in a physical space or a virtual one.

Classes will be held simultaneously in the classroom and live, in the virtual sense: Allowing distance learners to participate in classroom discussions as they happen. Classes will be archived as well, allowing you to review them later.

To enrol in this course, you must have completed a basic emergency management (BEM) course and/or an approved equivalent, and/or have hands-on experience in emergency management, or have knowledge of emergency operations centre concepts. Classes start Oct. 2.

Exercise program management is a two-day, instructor-led course that prepares you to design, develop, conduct, control, evaluate, and implement the requirements for discussion-based exercises. Being an exercise program manager means being able to identify and assess peoples' levels of preparedness, assign them roles, and communicate clearly the strategies being developed. You will learn how to bring together groups of people to discuss emergency response strategies before those strategies ever need to be executed.

Graduates of this weekend-long course earn provincial Emergency Management Ontario (EMO) certification. Centennial is the first college in the province to enter into such an agreement with EMO.

To enrol, you must have completed EM 125 exercise programs: A self-study training program offered by EMO through its training portal; along with a basic emergency management (BEM) course and basic emergency management First Nations, EMO provincial certification.

Classes take place Dec. 1 and 2.

MORE INFO

For course information, phone Ginette Soulieres, manager, Emergency Management and Public Safety Institute (EMPSI) at 416-289-5000, ext. 8373, or email her at gsoulieres@centennialcollege.ca.

You can learn more about EMPSI by visiting centennialcollege.ca/empsi.

ATHABASCA UNIVERSITY PHOTO

ATHABASCA UNIVERSITY PHOTO

ATHABASCA FOCUSES ON THE FUTURE

The leaders of tomorrow are getting a helping hand through a multimillion-dollar fundraising campaign through Athabasca University. The Open Our World initiative is a $30-million campaign focused on the future of learning and Athabasca University's role as a leader in that future.

"With the priorities and initiatives targeted through the Open Our World campaign, AU is poised to open the doors to higher education ever wider and create a bright, innovative future for learning," says Pamela Walsh, vice-president advancement Athabasca University. "By doing things differently — by removing barriers to education through learning opportunities that are available to anyone, anywhere, anytime — AU opens doors to knowledge in novel ways."

The money raised through Open Our World will benefit AU by providing the best practices in online education.

AU will also make major contributions to the transformation that the post-secondary sector must undergo to meet the needs of today's and tomorrow's learners. And AU will retain and expand its leadership position in open, online and distance education. As of May 2012, AU has raised 75 per cent of the $30-million goal.

Through the generous support of more than 300 donors, contributions received to date have significantly increased the number of scholarships and bursaries available to students, contributed to the upgrading of the university's science labs and IT infrastructure, supported community initiatives such as the science outreach and learning communities programs, and provided support for faculty research.

"For over 40 years, Athabasca University has proven that it is no ordinary university," says Walsh. "As a pioneer and a leader in flexible, accessible post-secondary distance education, AU has reached out to hundreds of thousands of people who might not be able to attend a traditional university, and it has inspired their success, both in learning and in life."

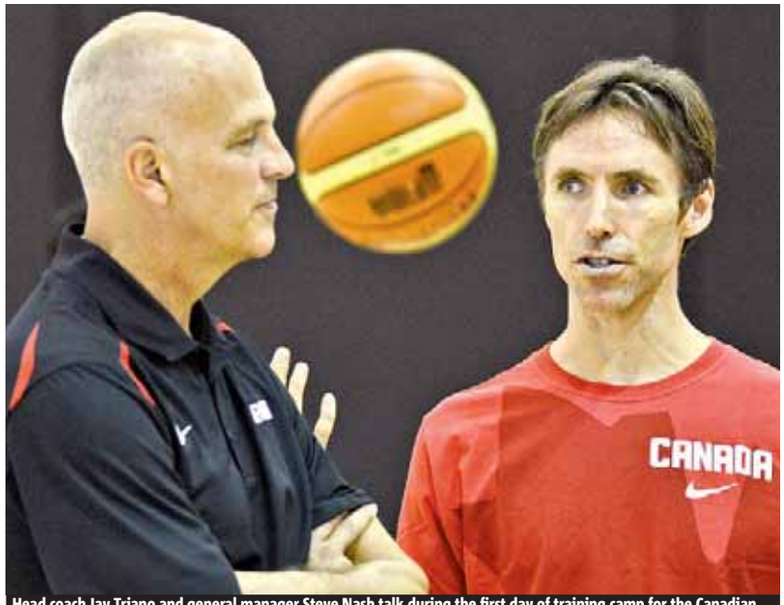
Today, Athabasca University is one of four comprehensive academic and research universities in Alberta and one of the world's foremost open, online and distance education universities. It offers more than 900 courses in more than 50 undergraduate and graduate degree, diploma and certificate programs.

For more about Open Our World, visit open.athabascau.ca.

SPORTS 4

Triano looking for big Canadian commitment

Basketball. Eyeing Olympic berth in Rio, national team coach expects four-year pact from his players



Head coach Jay Triano and general manager Steve Nash talk during the first day of training camp for the Canadian men's national basketball team in Toronto on Friday. TARA WALTON/TORSTAR NEWS SERVICE FILE

Jay Triano has witnessed first-hand how the United States men's basketball team changed from underachievers to back-to-back Olympic champions.

He believes the same approach will lead Canada to its first Olympic berth since 2000, and he expects his players to buy in for the long haul.

Just two weeks after the London Olympics closed, Triano and his coaching staff were putting a promising roster of players through shooting drills Monday at the end of a five-day training camp designed to prepare Canada for the 2016 Rio de Janeiro Games.

Triano, just days into his second stint as national team head coach, expects players at the camp to commit to the national team for four years, saying the long-term pledge is essential to getting Canada back on basketball's world stage. Triano was an assistant coach on the U.S. national team when it went from an underachieving group that settled for an Olympic bronze medal in 2004 to a cohesive powerhouse.

"I think gone are the days when you can throw 12 players out there and expect to compete, and I think my time with the United States team showed that," Triano said. "Jerry Colangelo asked those players for a three-year commitment. When they did that and the players became committed, that's when they became successful and won back-to-back gold medals."

Canada hasn't always been able to field its best possible team in Olympic competition. Star guard Steve Nash, now the team's general manager, stopped playing for Canada after it failed to qualify for the 2004 Olympics and focused on his NBA career. Centre Jamaal Magloire, who has been working with the big men at the camp, opted not to play during the height of his career. Centre Samuel Dalembert was dismissed from the team after a rift with former coach Leo Rautins.

"If we're going to be successful guys are going to commit," Triano said. "The fact that they're here working as hard as they are right now speaks volumes to their commitment. We're going to have to decide as a staff which players we want to move forward and be part of our commitment to the program."

In order to build for Rio, Nash and Triano hope to involve young players early and get them used to spending their summers working with the national team. THE CANADIAN PRESS

Quoted

"I'm definitely committed. I have a lot to learn from these guys ... Being able to learn from them from now until it's time to play in the Olympics, I think I'll be ready by then."

Top prospect Tyler Ennis. The Brampton native flew in from an elite high school basketball showcase in Los Angeles to take part on the last day of the camp

Bringing the best

It appears Canada may have turned a corner as far as getting its best players out.

- NBA regulars Joel Anthony and Tristan Thompson were among those taking part, along with up-and-comers Kris Joseph, Cory Joseph and Andrew Nicholson.
- Recent Los Angeles Lakers draft pick Robert Sacre was at the camp in Toronto along with former Gonzaga teammates Kevin Pangos and Kelly Olynyk.

NFL

Jackson in, Young out as Bills' backup

The Buffalo Bills have a new backup in Tarvaris Jackson, and they've cut Vince Young in a sudden shuffle of quarterbacks on Monday.

Shortly after announcing they had released Young, the Bills followed up to confirm reports that they had acquired Jackson in a trade with the Seattle Seahawks in exchange for an undisclosed draft pick.

It was a surprising turn of events that came in the final week of the preseason, and after Young struggled in his bid to win the backup job in a 38-7 loss to Pittsburgh on Saturday.

"Vince, I don't want to get into what he can do and can't do, it just didn't work out," general manager Buddy Nix said. "We just need to move on and give this guy a try."

THE ASSOCIATED PRESS

Vince Young GETTY IMAGES FILE

Soccer

North Korea puts end to Canada's under-20 hopes

Canada is out of the under-20 women's World Cup.

Hyon-Hi Yun scored in the 78th minute to give North Korea a 2-1 victory over Canada on Monday in the final round-robin game in Saitama, Japan.

THE ASSOCIATED PRESS

Wozniak breezes into Round 2 of U.S. Open

Aleksandra Wozniak plays a backhand during Monday's match against Alexandra Cadantu in New York. GETTY IMAGES

A two-hour rain delay at the U.S. Open didn't throw Canada's Aleksandra Wozniak off her game.

Wozniak reached the second round of the Grand Slam with a 6-0, 6-3 win over Romania's Alexandra Cadantu on Monday.

The 48th-ranked Wozniak, a quarter-finalist last week in a Dallas tune-up event, needed little more than an hour to advance after losing four of her last five opening matches at Flushing Meadows.

The native of Blainville, Que., made it to the third round in 2009.

"Overall, it was the first solid match for me here," Wozniak said.

"She started putting more balls in during the second set. I'm glad I stayed on top of her and won this one. It was nice that it went so fast after the long rain delay."

Wozniak will next play good friend Lucie Safarova, who beat American Melanie Oudin 6-4, 6-0.

THE CANADIAN PRESS

Quoted

"I'm looking forward to the second round. I'm really focused."

Aleksandra Wozniak

Also at Flushing Meadows

Seeking that elusive first Grand Slam title, Andy Murray, pictured, began his U.S. Open campaign Monday with a straight-set victory over Alex Bogomolov Jr.

- The Olympic gold medallist overcame early breaks in the first two sets of a 6-2, 6-4, 6-1 win.
- On the women's side, Samantha Stosur looked like a champion again, not the player who has often struggled this year. The Australian began the defence of her Open title with a dominant win, needing 51 minutes to beat 64th-ranked Petra Martic 6-1, 6-1 in the tournament's first match at Arthur Ashe Stadium.

THE ASSOCIATED PRESS

Mobile sports

The party appears over for talented young Dallas receiver Dez Bryant after a tumultuous summer. According to numerous reports, the Cowboys have set guidelines for Bryant to attend weekly counselling sessions, have a full-time security team and not be allowed to consume alcohol or attend strip clubs. Scan the code for the story.

Toronto FC seek to salvage season

MLS. A Champions League quarter-finals berth all that's left for TFC to play for in 2012

It's as close to a playoff game as Toronto FC will get in 2012.

Mired in dead-last in Major League Soccer since the season began in March, the Reds are approaching Tuesday's CONCACAF Champions League match as a chance to salvage something from their dismal sixth campaign.

"Now, everybody knows the playoffs is over for us," striker Eric Hassli said Monday. "We just have to be really really focused on Champions League."

There's no room for a slip-up in the 2012-13 version of the continental club championship. Only the winner of each of eight, three-team groups advances to the quarter-finals early next year.

Paul Mariner. TORSTAR NEWS SERVICE

And, TFC and Santos Laguna of Mexico have quickly made their group a two-team competition. The Reds opened with a 5-1 win over C.D. Aguila at BMO Field on Aug. 1. Last week, Santos did Toronto one better, thumping the El Salvadoran side 5-0 in Torreon, Mex. in the second match.

While both TFC and Santos have to play at Aguila in September, which side advances appears sure to come down to their head-to-head matches — Tuesday at BMO Field and Oct. 24 in Mexico.

"It's just between the two of us," said TFC head coach Paul Mariner.

While Mexican sides are known for not traveling particularly well in Champions League, they have proven to be virtually unbeatable at home. Given that, to have a realistic chance of upsetting Santos Laguna and winning the group, TFC needs to get three points Tuesday and in El Salvador before heading into the finale in Torreon.

"We've got to win here," Mariner said after training Monday.

Mariner said he hopes to have Hassli in the line-up after the big striker missed Saturday's game in Houston with back spasms. The coach is also expected to start captain Torsten Frings after resting him on the weekend.

TORSTAR NEWS SERVICE

Talk to your family
Organ and tissue donation saves lives.

As a guitarist, my eldest brother Graeme inspired me to learn to play; as a weightlifter, he used to show off by bench-pressing me above his head; and later, when I was bullied in school, he would pick me up in his boat of a car, looking intimidating in black clothes, covered in tattoos.

In his early 30s, he was diagnosed with kidney disease—he never showed it, he never looked or seemed sick... I was shocked when I found out that he would need a transplant.

My hope came in the form of my brother's friend since high school, Todd, who offered his own kidney to save my brother's life...

Adrienne, a grateful sister

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	74	53	.583	—
Tampa Bay	70	57	.551	4
Baltimore	69	57	.548	4½
Boston	62	67	.481	13
Toronto	56	70	.444	17½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	71	55	.563	—
Detroit	69	58	.543	2½
Kansas City	56	71	.441	15½
Cleveland	55	72	.433	16½
Minnesota	52	75	.409	19½

WEST DIVISION

	W	L	Pct	GB
Texas	75	52	.591	—
Oakland	69	57	.548	5½
Los Angeles	66	62	.516	9½
Seattle	61	67	.477	14½

Sunday's Games
Detroit 5, L.A. Angels 2
N.Y. Yankees 4, Cleveland 2
Boston 8, Kansas City 6
Toronto at Baltimore, ppd., rain
Chicago White Sox 4, Seattle 3, 7 innings
Minnesota 6, Texas 5
Monday's Games
Boston 5, Kansas City 1
Chicago White Sox at Baltimore
Oakland at Cleveland
Toronto at N.Y. Yankees
Tampa Bay at Texas
Seattle at Minnesota
Tuesday's Games
Chicago White Sox (Sale 15-4) at Baltimore (Tillman 6-2), 7:05 p.m.
Oakland (Milone 10-9) at Cleveland (McAllister 5-4), 7:05 p.m.
Toronto (R.Romero 8-11) at N.Y. Yankees (P.Hughes 12-11), 7:05 p.m.
Tampa Bay (Shields 12-7) at Texas (Darvish 12-9), 8:05 p.m.
Detroit (Verlander 12-7) at Kansas City (Mendoza 7-9), 8:10 p.m.
Seattle (Iwakuma 4-3) at Minnesota (Diamond 10-5), 8:10 p.m.
Boston (Buchholz 11-4) at L.A. Angels (Weaver 16-3), 10:05 p.m.

AL LEADERS

	G	AB	R	H	BA
Izturis, LAA	4	13	3	7	.538
Ciriaco, BOS	6	28	8	13	.464
Konerko, CHW	6	22	2	10	.455
Podsednik, BOS	6	25	3	11	.440
Beltre, TEX	7	30	7	13	.433
Iannetta, LAA	5	21	1	9	.429
Swisher, NYY	6	21	4	9	.429
Hardy, BAL	4	17	4	7	.412
Kinsler, TEX	7	27	7	11	.407
Kendrick, LAA	6	25	4	10	.400

RUNS-Trout, Los Angeles, 100; Kinsler, Texas, 89; MiCabrera, Detroit, 83; Hamilton, Texas, 83; Granderson, New York, 82; Jeter, New York, 81; AJackson, Detroit, 79.
RBI-Hamilton, Texas, 111; MiCabrera, Detroit, 106; Willingham, Minnesota, 92; Fielder, Detroit, 91; Encarnacion, Toronto, 88; ADunn, Chicago, 87; AdGonzalez, Boston, 86; Pujols,

ALL TIMES EDT

EAST DIVISION

	W	L	Pct	GB
Washington	77	50	.606	—
Atlanta	73	55	.570	4½
Philadelphia	61	67	.477	16½
New York	59	69	.461	18½
Miami	58	71	.450	20

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	77	52	.597	—
St. Louis	70	57	.551	6
Pittsburgh	68	59	.535	8
Milwaukee	59	67	.468	16½
Chicago	49	77	.389	26½
Houston	40	88	.313	36½

WEST DIVISION

	W	L	Pct	GB
San Francisco	71	57	.555	—
Los Angeles	69	59	.539	2
Arizona	64	64	.500	7
San Diego	59	70	.457	12½
Colorado	51	75	.405	19

Sunday's Games
N.Y. Mets 2, Houston 1
St. Louis 8, Cincinnati 2
Milwaukee 7, Pittsburgh 0
Philadelphia 4, Washington 1
Chicago Cubs 5, Colorado 0, 8 innings
Miami 6, L.A. Dodgers 2
San Diego 5, Arizona 4
Atlanta 7, San Francisco 1
Monday's Games
St. Louis at Pittsburgh
Milwaukee at Chicago Cubs
L.A. Dodgers at Colorado
Cincinnati at Arizona
Atlanta at San Diego
Tuesday's Games
N.Y. Mets (C.Young 3-7) at Philadelphia (Worley 6-9), 7:05 p.m.
St. Louis (Westbrook 13-9) at Pittsburgh (Ja.McDonald 11-6), 7:05 p.m.
Washington (Strasburg 15-5) at Miami (Nolasco 9-12), 7:10 p.m.
Milwaukee (Gallardo 13-8) at Chicago Cubs (T.Wood 4-10), 8:05 p.m.
San Francisco (M.Cain 13-5) at Houston (B.Norris 5-11), 8:05 p.m.
L.A. Dodgers (Capuano 11-9) at Colorado (Chatwood 3-3), 8:40 p.m.
Cincinnati (Cueto 16-6) at Arizona (Miley 14-8), 9:40 p.m.
Atlanta (Medlen 5-1) at San Diego (Werner 1-0), 10:05 p.m.

NL LEADERS

	G	AB	R	H	BA
Upton, ARI	4	13	3	7	.538
Freese, STL	3	10	4	5	.500
Buck, MIA	3	10	3	5	.500
Solano, MIA	7	25	5	12	.480
Venable, S-D	5	21	7	10	.476
Lucroy, MIL	6	15	3	7	.467
Molina, STL	5	20	3	9	.450
Holliday, STL	6	27	6	12	.444
Frandsen, PHL	6	18	4	8	.444
Craig, STL	6	25	8	11	.440

RUNS - AMcCutchen, Pittsburgh, 88; Bourn, Atlanta, 85; MeCabrera, San Francisco, 84; Braun, Milwaukee, 82; Holliday, St. Louis, 82; JUpton, Arizona, 81; CGonzalez, Colorado, 79.
RBI - Holliday, St. Louis, 89; Beltran, St. Louis, 85; Braun, Milwaukee, 85; FFreeman, Atlanta, 82; Bruce, Cincinnati, 81; CGonzalez, Colorado, 81; Headley, San Diego, 80; Posey, San Francisco, 80.

SUNDAY

BLUE JAYS TEAM STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Cooper	140	16	42	4	11	.300
Encarnacion	444	78	130	34	88	.293
Sierra	60	5	17	2	5	.283
Lawrie	397	59	112	9	40	.282
Davis	321	50	81	6	34	.252
Escobar	451	51	111	7	39	.246
Arencibia	281	36	68	16	50	.242
Bautista	332	64	80	27	65	.241
Torrealba	164	17	39	3	12	.238
Rasmus	453	57	105	20	66	.232
McCoy	35	6	8	1	6	.229
Lind	198	17	45	8	27	.227
Johnson	427	52	95	14	47	.222
Vizquel	127	11	28	0	3	.220
Mathis	171	22	37	8	22	.216
Hechavarria	39	1	7	0	2	.179

PITCHERS	W	L	SV	IP	SO	ERA
Mathis	0	0	0	2.0	0	9.00
Oliver	2	2	2	44.1	42	1.83
Lyon	1	0	0	13.1	22	2.03
Loup	0	2	0	20.1	14	2.21
Janssen	1	1	16	48.2	50	2.22
Morrow	7	5	0	82.1	74	3.06
Villanueva	6	4	0	92.2	94	3.30
Perez	2	2	0	42.0	39	3.43
Frasor	1	1	0	36.0	45	4.00
Delabar	3	1	0	49.1	68	4.01
Happ	2	1	0	30.1	31	4.15
Jenkins	0	1	0	12.0	5	4.50
Laffey	3	5	0	73.0	39	4.56
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Alvarez	7	11	0	147.0	56	4.84
Lincoln	0	0	0	13.1	10	5.40
Romero	8	11	0	155.0	104	5.63
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	12.79

FOOTBALL

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	8	5	3	0	233	242	10
Toronto	7	4	3	0	160	165	8
Hamilton	8	3	5	0	236	261	6
Winnipeg	8	2	6	0	176	244	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	8	6	2	0	202	141	12
Edmonton	7	4	3	0	164	134	8
Calgary	8	4	4	0	217	206	8
Saskatchewan	8	3	5	0	190	182	6

Monday's result
Edmonton at Toronto
Friday's game
Calgary at Edmonton, 9 p.m.
Saturday, Sept. 8
Hamilton at Toronto, 1 p.m.
Montreal at B.C., 4 p.m.
Sunday, Sept. 9
Saskatchewan at Winnipeg, 1 p.m.

NFL PRESEASON

Wednesday's games
Tampa Bay at Washington, 7 p.m.
New England at N.Y. Giants, 7 p.m.
Miami at Dallas, 8:30 p.m.
Thursday's games
Atlanta at Jacksonville, 6:30 p.m.
N.Y. Jets at Philadelphia, 6:35 p.m.
Minnesota at Houston, 7 p.m.
Baltimore at St. Louis, 7 p.m.
Kansas City at Green Bay, 7 p.m.
New Orleans at Tennessee, 7 p.m.
Cincinnati at Indianapolis, 7 p.m.
Buffalo at Detroit, 7 p.m.
Chicago at Cleveland, 7:30 p.m.
Carolina at Pittsburgh, 7:30 p.m.
Oakland at Seattle, 10 p.m.
San Diego at San Francisco, 10:05 p.m.
Denver at Arizona, 11 p.m.

TENNIS

U.S. OPEN

New York
Singles
Men
First Round
Kei Nishikori (17), Japan, def. Guido Andreozzi, Argentina, 6-1, 6-2, 6-4.
James Blake, United States, def. Lukas Lacko, Slovakia, 7-5, 6-2, 3-6, 6-3.
Women
First Round
Anna Tatishvili, Georgia, def. Stephanie Foretz Gacon, France, 6-2, 6-0.
Sam Stosur (7), Australia, def. Petra Martic, Croatia, 6-1, 6-1.
Casey Dellacqua, Australia, def. Lesia Tsurenko, Ukraine, 6-2, 6-3.
Lucie Hradecka, Czech Republic, def. Anabel Medina Garrigues (27), Spain, 6-3, 6-3.
Marion Bartoli (11), France, def. Jamie Hampton, United States, 6-3, 7-6 (5).
Li Na (9), China, def. Heather Watson, Britain, 6-2, 6-3.
Kristyna Pliskova, Czech Republic, def. Julia Goerges (18), Germany, 7-6 (4), 6-1.
Nadia Petrova (19), Russia, def. Jarmila Gajdosova, Australia, 6-3, 7-6 (3).
Sorana Cirstea, Romania, def. Sabine Lisicki (16), Germany, 4-6, 6-2, 6-2.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	26	14	7	5	32	23	47
New York	26	13	7	6	44	37	45
Houston	26	11	6	9	38	30	42
Chicago	25	12	8	5	32	30	41
D.C. United	25	12	9	4	41	35	40
Montreal	28	12	13	3	42	44	39
Columbus	24	10	8	6	29	28	36
Philadelphia	23	7	12	4	24	28	25
New England	25	6	14	5	30	35	23
Toronto	26	5	15	6	29	46	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	26	15	6	5	52	33	50
Seattle	25	12	6	7	40	26	43
Real Salt Lake	27	13	10	4	37	32	43
Los Angeles	27	12	11	4	46	40	40
Vancouver	27	10	10	7	29	35	37
Dallas	28	8	12	8	33	37	32
Chivas USA	23	7	10	6	17	32	27
Colorado	26	8	16	2	33	40	26
Portland	25	6	13	6	26	43	24

Note: 3 points for a win, 1 for a tie.
Sunday's results
Los Angeles 2 Dallas 0
New York 1 Kansas City 1
Wednesday's games
Chivas USA at New England, 8 p.m.
Columbus at Philadelphia, 8 p.m.
New York at D.C. United, 8 p.m.
Friday's games
Colorado at Portland, 10:30 p.m.
Saturday, Sept. 1
Philadelphia at New England, 7:30 p.m.
Montreal at Columbus, 7:30 p.m.
Toronto at Kansas City, 8:30 p.m.
D.C. United at Real Salt Lake, 9 p.m.
Vancouver at Los Angeles, 10 p.m.
Sunday, Sept. 2
Houston at Chicago, 7 p.m.
Seattle at Dallas, 7 p.m.
Chivas USA at San Jose, 9 p.m.

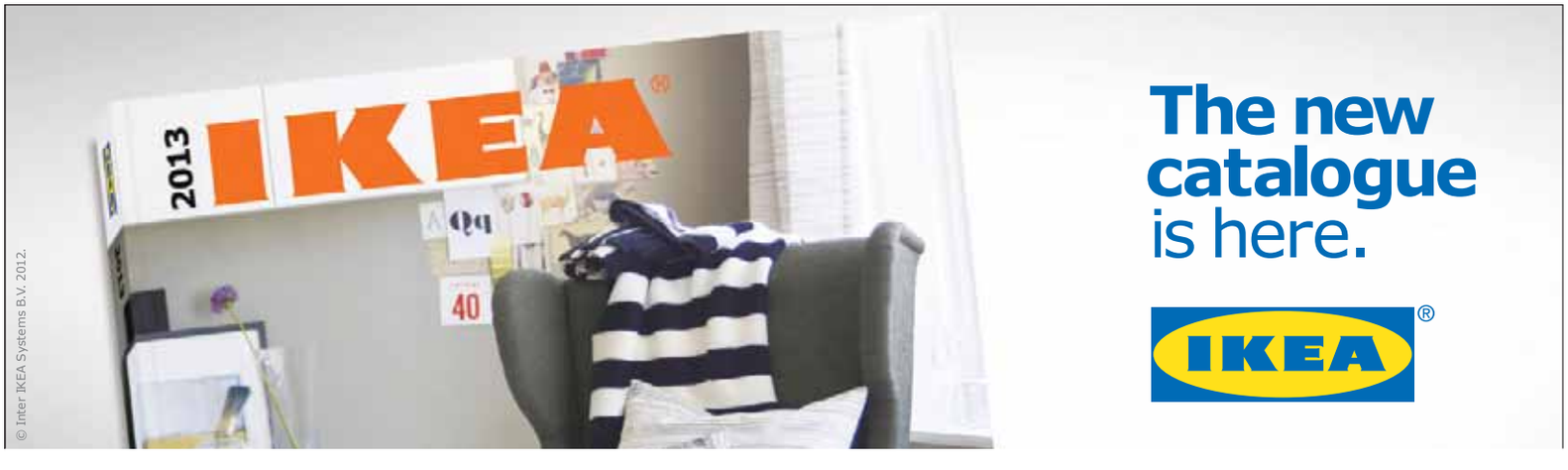
GOLF

PGA

FEDEX CUP

Through Aug. 26

Points Money	YTD
1. Nick Watney	3,226—$2,690,977
2. Brandt Snedeker	2,694—$3,224,939
3. Tiger Woods	2,417—$4,989,158
4. Rory McIlroy	2,299—$4,962,192
5. Zach Johnson	2,166—$4,143,284
6. Jason Dufner	2,110—$4,548,104
7. Bubba Watson	2,080—$4,178,997
8. Dustin Johnson	1,972—$2,558,060
9. Carl Pettersson	1,898—$3,352,496
10. Sergio Garcia	1,810—$2,269,316
11. Matt Kuchar	1,747—$3,638,525
12. Hunter Mahan	1,739—$3,720,793
13. Keegan Bradley	1,670—$3,606,658
14. Luke Donald	1,597—$2,936,379
15. Justin Rose	1,534—$3,318,330
16. Steve Stricker	1,523—$3,064,421
17. Phil Mickelson	1,520—$2,980,621
18. Ernie Els	1,514—$3,140,173
19. Rickie Fowler	1,453—$2,879,893
20. Webb Simpson	1,424—$2,997,505
21. Louis Oosthuizen	1,409—$2,347,595
22. Bo Van Pelt	1,382—$2,575,305
23. Scott Piercy	1,304—$2,321,950
24. John Huh	1,295—$2,362,587
25. Jim Furyk	1,284—$2,702,205
26. Bud Cauley	1,204—$1,685,435
27. Lee Westwood	1,194—$2,038,969
28. Johnson Wagner	1,181—$2,183,300
29. Bill Haas	1,181—$2,286,771
30. Kyle Stanley	1,177—$2,280,657
31. Robert Garrigus	1,160—$2,167,683
32. John Senden	1,117—$1,580,171
33. Graeme McDowell	1,037—$2,349,879
34. Adam Scott	1,011—$2,206,757
35. Tim Clark	1,010—$1,389,428
36. Marc Leishman	1,003—$1,889,041
37. Ben Curtis	997—$2,342,873
38. Greg Chalmers	989—$1,023,627
39. Mark Wilson	986—$2,019,100
40. Martin Laird	981—$2,155,683
41. Brian Harman	975—$1,067,676
42. Ryan Palmer	952—$1,388,927
43. Kevin Stadler	923—$1,285,906
44. Graham DeLaet	922—$1,015,151
45. Jimmy Walker	911—$1,293,258
46. William McGirt	905—$1,146,934
47. Charlie Wi	901—$1,649,909
48. Padraig Harrington	896—$1,419,912
49. Geoff Ogilvy	874—$1,183,196
50. Ian Poulter	870—$1,531,751
51. Kevin Na	866—$1,911,815
52. Ben Crane	849—$1,648,415
53. Ryan Moore	843—$1,164,944
54. Seung-Yul Noh	840—$1,375,551
55. J.B. Holmes	818—$1,082,610
56. Brendon de Jonge	815—$1,243,904
57. Tom Gillis	814—$962,214
58. John Rollins	800—$1,448,087
59. Vijay Singh	776—$1,045,513
60. Ken Duke	776—$1,434,946
61. Scott Stallings	761—$1,048,172
62. Bob Estes	760—$905,482
63. Harris English	756—$1,046,809
64. Josh Teater	756—$789,495
65. Pat Perez	751—$986,729
66. Spencer Levin	735—$1,283,616
67. David Hearn	735—$902,748
68. Charles Howell III	733—$976,362
69. Jonathan Byrd	732—$1,601,909
70. Brian Davis	728—$1,279,120
71. Charl Schwartzel	726—$1,064,124
72. D.A. Points	714—$1,383,543
73. J.J. Henry	713—$1,280,442
74. Sean O'Hair	712—$1,042,897
75. Matt Every	711—$1,490,093
76. Greg Owen	704—$981,884
77. Ricky Barnes	696—$779,983
78. Troy Matteson	690—$1,003,686
79. Cameron Tringale	689—$1,215,397
80. Roberto Castro	685—$680,668
81. Chris Kirk	682—$959,003
82. Michael Thompson	671—$1,243,874
83. Jeff Overton	667—$1,049,503
84. Ted Potter, Jr.	647—$1,356,708
85. Aaron Baddeley	635—$1,187,753
86. Charley Hoffman	628—$1,203,739
87. Blake Adams	627—$1,017,985
88. Jason Day	624—$899,486
89. David Toms	623—$1,226,428
90. George McNeill	611—$1,079,092
91. Tommy Gainey	611—$788,223
92. Sang-Moon Bae	604—$1,151,232
93. Bryce Molder	603—$811,635
94. Rory Sabbatini	602—$1,106,270
95. K.J. Choi	602—$969,057
96. Dicky Pride	586—$1,155,445
97. Jonas Blixt	578—$906,734
98. John Merrick	572—$962,039
Did not advance to the second playoff event	
99. Daniel Summerhays	567—$1,027,305
100. Martin Flores	556—$873,554
101. John Mallinger	543—$910,490
102. Will Claxton	530—$726,200
103. Gary Christian	529—$599,722
104. Chad Campbell	517—$760,227
105. Fredrik Jacobson	513—$953,494
106. Andres Romero	506—$951,996
107. Rod Pampling	505—$586,758
108. Billy Mayfair	500—$591,206
109. Brian Gay	491—$690,440
110. Chris Stroud	484—$893,230
111. Henrik Stenson	462—$719,103
112. Kevin Streelman	462—$766,649
113. Troy Kelly	462—$777,112
114. Kevin Chappell	447—$610,948
115. Davis Love III	443—$774,934
116. Jeff Maggert	437—$598,994
117. Trevor Immelman	423—$617,296
118. Robert Allenby	417—$801,807
119. James Driscoll	413—$664,788
120. Colt Knost	390—$759,651
121. Harrison Frazar	387—$730,203
122. Jerry Kelly	385—$501,109
123. Boo Weekley	365—$660,709
124. Heath Slocum	365—$424,215
125. Jason Bohn	363—$643,972
126. Jhonattan Vegas	361—$744,874
127. Y.E. Yang	351—$454,276
128. Tim Herron	339—$400,614
129. Bobby Gates	338—$452,793
130. Brendan Steele	334—$710,705
131. Retief Goosen	330—$571,174
132. Chez Reavie	327—$499,375
133. David Mathis	322—$587,836
134. Gary Woodland	321—$443,338
135. Chris DiMarco	316—$452,526
136. Vaughn Taylor	312—$494,319
137. Erik Compton	311—$331,955
138. Kyle Reifers	311—$374,902
139. Stewart Cink	310—$433,845
140. John Daly	298—$479,595
141. Kris Blanks	297—$390,059
142. Bill Lunde	294—$347,759
143. Billy Horschel	289—$417,824
144. Stuart Appleby	287—$338,964



Big players in hockey talks set to meet

NHL. Collective bargaining negotiations resume today with only Bettman, Daly and Fehr brothers at the table

The battery of lawyers and sprawling negotiating committees are being relegated to the sidelines.

As the NHL's collective bargaining talks resume in New York on Tuesday, they'll do so with only four men at the table: NHL commissioner Gary Bettman and his deputy, Bill Daly, on one side; NHL Players' Association executive director Donald Fehr and his top assistant, Steve Fehr, on the other.

"Both sides agree that this, at this point in time, might be a productive way for us to try and get some traction," Bettman said when negotiations broke down last week.

While the parties have met face-to-face every week since the end of June, they've made very little headway on the framework that will shape the next agreement. That prompted the first small session with just Bettman, Daly and the Fehrs in Toronto last week, and led to the scheduling of another one with the talks shifting back to New York.

The sides are in need of anything that might encourage progress with a Sept. 15 deadline looming for a lockout.

The sides have looked like competing hockey teams at the conclusion of previous negotiating sessions, with the number of well-dressed attendees often unable to fit together in one elevator.

The gathering will be decidedly smaller on Tuesday as the leaders of the NHL and NHLPA try to push talks in a positive direction.

"Hopefully we'll be productive when we get to it," said Fehr.

THE CANADIAN PRESS

Donald Fehr, executive director of the NHLPA speaks with the media last Thursday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS FILE

Divisive issue

The biggest issue holding up talks is finding agreement on how the league's revenues should be split up.

- Players received 57 per cent under the expiring CBA and the league wants to see that number reduced considerably.
- The NHL's initial offer involved cutting the amount to 43 per cent, although it has indicated a willingness to negotiate off that number.

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Horoscopes

♈ Aries
March 21 - April 20
Good intentions are not enough — you must live up to your ideals. Make it your aim today to treat everyone you meet, even strangers, in the same way as you treat those you love beyond question.

♉ Taurus
April 21 - May 21
There may be times when it seems as if you are losing control of everything in your life but it's not true, so steer clear of self-pity. Actually, things are progressing quite well for you at the moment.

♊ Gemini
May 22 - June 21
You may be tempted to try something outrageous today, something you believe will convince the doubters that you have what it takes. But what if it goes wrong? By all means, be bold but don't abandon common sense.

♋ Cancer
June 22 - July 23
With the travel area of your chart heavily emphasized, being on the move will be a lot of fun. But be aware that it will also have its dangers. Delays are going to happen whether you like it or not, so don't get angry.

♌ Leo
July 24 - Aug. 23
Just because someone occupies a position of authority does not mean you can trust what they say. With communications planet Mercury under negative influences, a lot of what you hear is probably nonsense.

♍ Virgo
Aug. 24 - Sept. 23
Knowledge is power and the more you know about what others are up to, the better placed you will be to get something out of it. Are we talking blackmail here? Of course not, perish the thought!

♎ Libra
Sept. 24 - Oct. 23
Take what even your friends tell you with a grain of salt. They may not lie to you on purpose but they are a bit confused about what's going on. You don't need advice. Your conscience will guide you.

♏ Scorpio
Oct. 24 - Nov. 22
Focus only on things you understand. If you drift into areas where your knowledge is limited, you may fall foul of people who like to prey on trusting types like you. Be cautious. You don't have to prove yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
Do not — repeat, not — sweep important topics under the rug. If you ignore them now, they will come back bigger and tougher to deal with later on. Don't worry about being unpopular. You've got issues to resolve.

♑ Capricorn
Dec. 22 - Jan. 20
You may be a bit blunt in some of the things you say over the next 24 hours but that's OK. For too long certain people have been avoiding the realities of the current situation. It's time to get real.

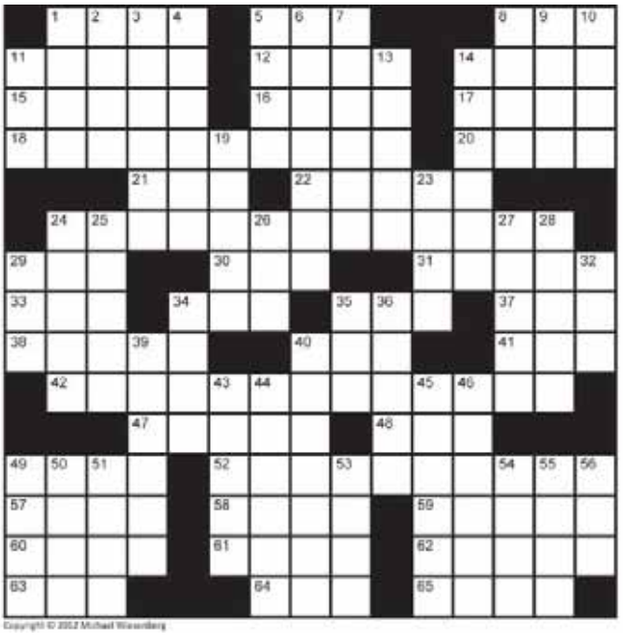
♒ Aquarius
Jan. 21 - Feb. 19
Your mind will race off in all sorts of weird and wonderful directions today and it could be a lot of fun — but it could also be dangerous. Try not to make important decisions until after Friday's full moon.

♓ Pisces
Feb. 20 - March 20
Focus on your own needs and desires and pretend that other people don't exist. That might sound a bit selfish but you've done more than your share for the greater good of late. Look after Number One today.

SALLY BROMPTON

Crossword: Canadiana

BY MICHAEL WIESENBERG



Across
1. ___ Spumante: Italian sparkling wine
5. Emergency room drips, familiarly
8. "It's easy as ___"
11. Speck in the ocean
12. Broth
14. Clairvoyant one
15. Circus animals that balance balls
16. Gore Vidal's ___ *Breckenridge* (or the 1970 movie)
17. Pine case
18. Toronto team (2 wds.)
20. Dix, ___, douze
21. Corrida cheer
22. "Do you understand?" (2 wds.)
24. Alberta and Saskatchewan became part of this on Sept. 1, 1906
29. Angry crowd
30. Bad dog
31. American ___: Pacific Ocean territory
33. ___ mode: with ice cream (2 wds.)
34. That girl
35. Winnipeg's "Taking Care of Business" band, for short
37. Key beside F1
38. "The sky's the ___!"
40. Canadian map dispensers
41. Bring home after expenses
42. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits with white running shoes
47. Amino and folic
48. "...a feeling of sadness comes ___ me": Longfellow
49. Mounties, in short
52. Western capital (2 wds.)
57. Cleveland's state
58. Red-wrapped cheese
59. Kept the engine running
60. Toronto group that backed Bob Dylan as The Hawks; with "The"
61. Amusement park attraction
62. Bed boards
63. Versifier's "before"
64. Start of a countdown
65. Potato buds

Down
1. "... against ___ of troubles": Hamlet (2 wds.)
2. Certain hockey shot
3. Betray, kid-style (2 wds.)
4. In a class by ___
5. "Woe ___!": "Alas" (2 wds.)
6. First spacecraft to reach Uranus and Neptune
7. Beach habitué
8. Long, long time
9. Mercedes ___
10. Some of the original inhabitants of Ontario
11. Belief
13. Italian dish
14. Nova ___
19. Parasite
23. "Make ___!": Jean-Luc Picard (2 wds.)
24. Baby discomfort
25. Harper's US counterpart
26. Anticipated
27. Signs
28. Proboscises
29. ___ de mer: seasickness
32. "Just ___ naturally"
34. Opp. of legato in musical notation
35. Prohibition
36. Forbidden
39. As like as two peas ___ (3 wds.)
40. ___ Range: mountains that extend from California to southern BC
43. Frogman
44. "___ my way" (3 wds.)
45. Surface again
46. Drily
49. Choir attire
50. Blacken
51. It isn't yours
53. US Treasury Department agents, familiarly
54. Wings
55. Wagers
56. Audiophile's collection

Yesterday's Crossword

What's online

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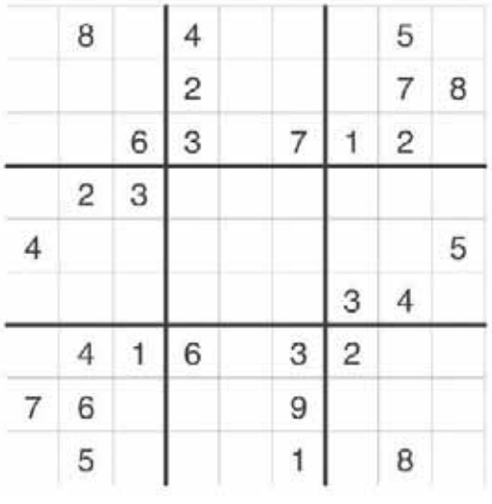

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